



Cooking hight VOL. 29/NO. 8

con ents 09/15

GOOD FOOD FAST

A back-to-school guide for healthy meals and snacks

Breakfast 112

Quick, filling ways to start the day

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Brown-bag choices you'll love, with tweaks for kids

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Nosh on these winners.

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Fun, fast sweets

ON THE COVER

PHOTOGRAPHY

Jennifer Causey

FOOD STYLING

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PROP STYLING

Kira Corbin







DATE NIGHT SPECIAL

Premium steaks with spiced compound butter make a great meal for two. **p. 22**



CREAMY-SPICY YUM

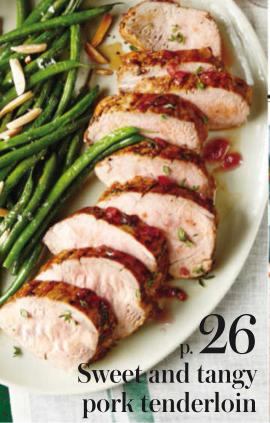
That gorgeous color is only the beginning of what you'll love about this soup. **p. 154**



GOOD APPLES

We've given the Hasselback treatment to potatoes. Now it's apples' turn. **p. 162** It's easy to get enough protein eating mostly veggies."

Zucchini and pepper relish









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BEHRAR If you feel it you can find it

note from the editor

MEAL PLANNING HO

YOU'D THINK THAT I would have my meal-planning routine dialed in by now. Wrong. Our system at home—writing weekly dinner ideas on a dry-erase board on the refrigerator—is not efficient.

Turns out I'm not alone. No two families plan alike, at least according to an informal office poll I conducted recently. Like you, our editors, cooks, designers, and photographers all plan and shop differently. Some rely on a routine of greatest hits or soon-to-be hits, like the One-Pan Mac'n' Cheese on the cover. Others start by asking their families to dog-ear pages of Cooking Light. And some, like digital editor Mallory Brasseale, just plain have their act together (see Mallory's and five more ideas at right).

Planning is top of mind this month, as so many of us shift into back-to-school gear. That's also why we created our Good Food Fast guide that starts on page 111—because busy cooks need more than a dry-erase board. It takes smart strategies and delicious, family-friendly recipes in order to win the week.





Cooking Light. DIET

Thousands of subscribers are using the Cooking Light Diet as a healthy meal planner, and the tool becomes more personalized and intuitive the more you use it. "My old way [of meal planning] was so hodgepodge," says subscriber Katie Moore, who has lost 14 pounds since she started using the Diet in late February. "We were already trying to eat healthy in my family, but the planning was overwhelming. Now, I log on [to the Diet] on the weekend. It's so fun to go and get your new week of recipes. I use the Diet's shopping list or jot one down. Having the planning done for me is huge."

Join now and get three free gifts at diet.cookinglight.com/joinnow



"Planning ahead on Sundays helps my husband and me make healthier decisions during lunch Mondays through Wednesdays." RACHELLASSERRE, ART DIRECTOR

COOKINGLIGHT.COM Use our slick drag-and-drop calendar at cookinglight.com/ mealplanner. We've added a month of recipes from this issue, plus our editors' fast family dinners. And hey, the tool is free.



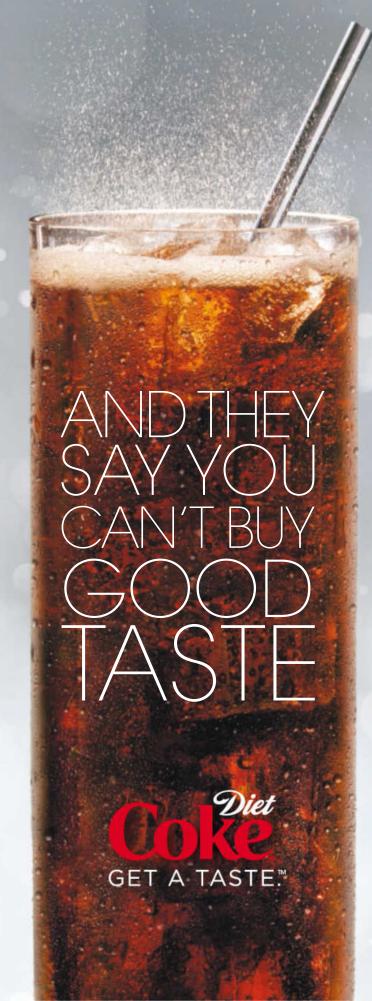
"When my kitchen and fridge are clean, it's easier for me to stay on track, be balanced, and make the rest of my life work." @RHLONGSHORE, ASSISTANT DIGITAL

MYRECIPES AND COZI Every Sunday, digital editor Mallory Brasseale checks her fridge for ingredients to incorporate into our recipes, which she searches for on our sister site myrecipes.com. Then she saves the recipes into her Cozi recipe file and creates a digital shopping list, which she and her husband can access from the app. "The app is great because one of us can add things while the other is shopping ('Whoops, almost forgot G's milk!"), and the list updates automatically in real time," Mallory says.



"I map out two weeks of meals. I'm cooking for one, so each dinner for four becomes two lunches and another dinner. It takes the guesswork out of my day, saves money, and helps me lose weight." @KHOLLANDCOOKS, ASSOCIATE DIGITAL EDITOR

🔰 Tell us your meal planning tips at cookinglight.com/wintheweek or share your tips and photos using #wintheweek by September 15th for a chance to win a gift card worth \$100 in groceries.



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Cooking Light





ICE-CREAM DREAMS

You devoted both the cover and a large inside photo to your S'mores Ice-Cream Sandwiches (July, p. 113), so I assumed they had to be good. I'm so glad you weren't wrong! I made these treats for our Fourth of July party, and they were gone in minutes! I've promised to make more for Labor Day.

> ANNIE ALORA BOULDER, CO

TOS-TADA!

I added a few sautéed peppers and onions to the Beef Tostadas with Quick-Pickled Onions (July, p. 40), and now my family asks for tostadas every week. They think they're getting more toppings than they get with a taco, but I'm just sneaking in more veggies. Shhh! PAM TURLO DORAVILLE, GA

MEATLESS MEGA HIT

Oh, my goodness! The Greek Tomato and Cucumber Salad with Farro (July, p. 98) isn't even on the table yet, and I can't wait to tell you how fantastic it is! The flavor explosion from the dressing and fresh veggies is wonderful. This one might not make it until dinner. SANDI KING **VERMILLION**, SD

KID-APPROVED

I just wanted to let you know that my mom gets a lot of her recipes from your magazines, and nine out of 10 times they are very good. Thanks for all the great meals, and keep up the awesome work!! JONATHAN WISK, AGE 14 VIA EMAIL

GRILLING GOOF?

Your wood-grilling chart (July, p. 145) recommends NOT using mesquite for grilling fish. I work at an extremely popular seafood restaurant in Houston, and our most popular entrées include both mesquite-grilled fish and shrimp. Their flavor is not, as indicated, either strong or bitter. I recommend trying it at home! LONNE MARTINEC HOUSTON, TX

"My husband and I had been talking about trying a juice cleanse to kind of jump-start losing weight. Those looked expensive. Then I saw an ad for the Cooking Light Diet and showed it to my husband. We were like, "Let's give it a try to see if it works." In the first two weeks, we both started losing weight. I've now maintained 14 pounds of weight loss in 15 weeks. I'm loving it!"

-Kennan Hester, a member of the Cooking Light Diet, Read more at cookinglight.com/kennan.

*Members following the Cooking Light Diet lose more than half a pound per week, on average.

Save Cooking Light recipes with your phone.

How It Works

- Download the Digimarc Discover App free from iTunes or Google Play.
- Scan the image with the app.
- The app will open the recipe page at myrecipes.com in your browser.
- 4 You can save the recipe to your MyRecipes file. (Don't have one? Sign up at myrecipes.com.)



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TRENDING TASTES

from COOKING LIGHT'S

let's get 1 COCKING

Family fare at its best: nourishing and delicious Recipe p. 10 SCAN PHOTOS & SAVE RECIPES WITH YOUR PHONE! SEE PAGE 6

TODAY'S SPECIAL

Stuffed Savoy Cabbage with Tomato Sauce

Chef Andrea Reusing makes an old-school cabbage dish a family fave. hefs cooking for their families on rare nights off face a delicate balancing act. They need to serve food that both kids and adults will love, and without so much work that it feels like, well, work. North Carolina star chef Andrea Reusing (The Durham Hotel, Lantern) has it all figured out: Her stuffed cabbage rolls deliver convenience for the cook and family-friendly comfort food for the table.

Reusing says she can assemble the dish quickly in the morning, then bake it around dinnertime. "It's superhomey, and rich and satisfying, but there are still a lot of vegetables in it." In fact, Reusing sometimes fires up a vegetarian version, subbing in more rice and veggies for the beef.

It's a clever way to work nutrientrich cabbage into a kid's diet, and for Reusing, it was an easy sell from the start for her son, 7, and daughter, 11. "It's enough like manicotti that

PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: CLAIRE SPOLLEN. PORTRAIT: COURTESY OF ANDREA REUSING/LISSA GOTWALS

READ UP

... on the hottest vegan recipes with Food52's new cookbook, on shelves now. (Ten Speed Press, \$23)







MUST SHUCK

Maine Belon oysters: smaller than French Belons but creamy and sweet. brownetrading.com

they kind of took to it right away."

Reusing prefers Savoy cabbage in this dish. "The Savoy is beautiful. The leaves are a little thinner, with great color," she says. Savoy leaves are also more tender and slightly sweeter than other cabbage varieties.

Part of what makes the dish such a winner is that Reusing treats the cabbage respectfully. "The key to cabbage is not letting it steam for an insanely long time," she says, because overcooked cabbage turns unpleasantly funky.

Look for Reusing's original version this month at her new restaurant at The Durham Hotel in Durham, North Carolina.

STUFFED SAVOY CABBAGE WITH TOMATO SAUCE

Hands-on: 35 min. Total: 1 hr. 20 min. Fresh dill brightens the flavor and color of this recipe. For convenience, you can assemble the dish and refrigerate up to one day before serving.

- 1 large head Savoy cabbage (about 2 pounds), cored
- 3 tablespoons olive oil, divided
- 1 yellow onion, finely chopped
- 1 carrot, peeled and finely chopped
- 4 garlic cloves, minced
- 2.5 ounces fresh Parmesan cheese, divided
 - 1 cup cooked white rice
 - 5 tablespoons coarsely chopped fresh dill, divided
 - 1 tablespoon grated lemon rind
 - 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- ²/₃ pound 85% lean ground beef
 - 1 large egg, lightly beaten
- 3 cups strained tomatoes (such as Pomi)

- 1. Preheat oven to 350°.
- 2. Cook whole head of cabbage in a large pot of boiling water for 2 minutes. Cool slightly. Remove softened outer leaves, keeping them whole; reserve leaves. Return cabbage head to pot, and repeat procedure to get 12 leaves. Finely chop remaining cabbage.
- 3. Heat a large skillet over medium-low heat. Add 1 tablespoon oil. Add onion; cook 5 minutes, stirring occasionally. Increase heat to medium-high. Add 2 cups chopped cabbage, carrot, and garlic; sauté 4 minutes. Remove from heat; cool slightly.
- **4.** Finely grate 2 ounces cheese. Combine grated cheese, rice, ¹/₄ cup dill, lemon rind, salt, pepper, beef, egg, and chopped cabbage mixture; stir gently.
- 5. Combine remaining 2 tablespoons oil and strained tomatoes, stirring with a whisk. Spread 1 cup tomato mixture evenly in bottom of a 13 x 9-inch baking dish. Shave the rib of each cabbage leaf with a paring knife or vegetable peeler so it lies flat. Place ½ cup meat mixture in the center of each cabbage leaf. Starting at the core end, roll into a tight log, tucking in sides as you go. Place roll in baking dish, seam side down. Repeat with remaining leaves and filling. Top with remaining tomato mixture. Cover dish with foil; bake at 350° for 45 minutes. Uncover: shave remaining Parmesan cheese over top, and sprinkle with remaining 1 tablespoon dill.

SERVES 6 (serving size: 2 rolls)

CALORIES 327; FAT 16.1g (sat 5.2g, mono 8.4g, poly 1.3g); PROTEIN 19g; CARB 28g; FIBER 7g;
CHOL 73mg; IRON 3mg; SODIUM 588mg;
CALC 205mg

TRENDING NOW

Dinners at the Door

When it comes to making dinner, we crave speed and convenience, but not at the cost of wholesomeness. This is where increasingly popular meal-delivery services like Blue Apron, PeachDish, Home Chef, and Plated come to the rescue. These companies do the legwork: You choose recipes from their menu databases, and they deliver fresh, prepped, and readyto-cook ingredients. Home cooks aren't the only ones to see the potential here; recent venture capital investments northward of \$100 million reflect the perceived value of such services. While each offers its own perks—extensive customizability, hyperlocal produce, free shipping—all provide shopping- and choppingfree dinners that let you focus on the fun stuff: cooking and savoring a high-quality meal. -DARCY LENZ

OTOGRAPHY: (TOP LEFT AND RIGHT) JENNIFER CAUSEY AND COURTESY OF NICK BRACHINA/BROWNE TRADING CO. ILLUSTRATION: JOHN COULTER





PRO TIP

Add nutritional yeast to salad dressings for extra umami. Start with 1 tablespoon per cup.





LUNCH BOX

kits are great for graband-go lunching. Hitting shelves in October.

MOST WANTED

For the Lunch Crowd

Brown-bagging to work or school has never looked so good. BY KIMBERLY HOLLAND







I HAUTE TOTE

Brown-bag in style with BuiltNY's Uptown Lunch Tote. The neoprene bag protects breakables while insulating to keep food cooler for up to 4 hours. \$30, builtny.com

2 COOLEST LUNCH

Modular containers in Rubbermaid's LunchBlox Sandwich Kit make for easy measuring and snap together for efficient storing and carrying. An ice block cools, for when you can't refrigerate. \$11, rubbermaid.com

3 QUITE THE BOX

Build your ultimate lunch box with Planet Box's Rover kit: Small sections keep servings in check. Add-on items include a container for soups and a carrying case. From \$50, planetbox.com

4 SHAKE IT UP

Aladdin Classic Mason Salad Jar, which is made of ultradurable copolyester, keeps greens and dressing separate, guaranteeing you'll have the freshest salad. Available in 4 colors. \$15, chefcentral.com





BOOKS FOR COOKS

THE DINNER WHISPERER

၃ In her 2014 essay "What If You Just Hate Making Dinner?" The New York Times Magazine's Virginia Heffernan railed against the comeback of home cooking. A self-described "born defroster." Heffernan heaped particular scorn on food writers pedaling dinner guilt in "mother cookbooks, stuffed like Cornish hens with their whimsical anecdotes and their photos of stylish children helping to cook like cheerfully indentured galley slaves."

Katie Workman's new cookbook is not that. Wry and reassuring, she writes candidly from the family dinner trenches, and she's an ally to the beginners and experienced cooks alike. How do you push your kids to try a new dish? "There are no foolproof answers," Workman writes. "Those few parents who want to share the news that their kids eat everything, from the stinkiest blue cheese to smoked oysters, are not who I plan to hang out with at the next school cocktail party."

In Dinner Solved!. Workman attacks the picky-eater problem with "Fork in the Road" recipes, meaning at some point in the preparation you can divide and modify a recipe for, say, slaw-go Asian-style for the adventurous or creamy-style for the picky-so everyone at the table is happy, including the cook. Her previous cookbook, The Mom 100, a Cooking Light favorite in 2012, leaned toward the classics. Recipes here boast just enough bold flavors to keep them current, including a standout Shortcut Chicken Udon Soup that might win over the toughest crowds, Virginia Heffernan included. Workman, \$18,

384 pages - HUNTER LEWIS



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herbiness make Matua's 2014 Sauvignon Blanc ideal for summer pastas. \$11



let's get cook*i*ng!



go for a juicy, full-bodied red, like Gabbiano's 2012 Chianti Classico. \$12

GO-TO MIXERS



EVAN WILLIAMS BLACK LABEL

86 proof, \$12 A standard flavor profile that won't outshine other elements in a drink, EV Black is great for cocktails where a fair bit of mixer is involved.



FOUR ROSES YELLOW

80 proof, \$20

It's gentle, it's graceful, and even if you're out of mixer, keep pouring-it's so very drinkable all by its lonesome.



WILD TURKEY 101

101 proof, \$25

The 101 is delicate for a highproof bourbon but still rich in flavor. Faint citrus aromas balance deep notes of caramel. A splash gives backbone to complex cocktails involving aromatics and bitters.



MAKER'S MARK 46 94 proof, \$35

A versatile darling of the mixing category, the 46 is a solid match for both minimalist bevs and more involved concoctions. With full body and vanilla flavor, it's best savored in bourbon-forward drinks.



ORPHAN BARREL **FORGED OAK**

90.5 proof, \$65

Mixing may seem like a misstep given the price tag, but this is a bourbon that brings a massive wow factor to simple cocktail classics. With robust smoky-peaty qualities, Forged Oak will take you to the peak of your Old-Fashioned game.



Bourbon Barrel Breakdown

Best bottles for mixing and straight sipping BY DARCY LENZ

o some, bourbon is the foundation for favorite concoctions; for others there's no way to take it but straight. The beauty of the spirit is that every way is the right way, provided you have the right bottle. Depending on the mixer, a cocktail bourbon needs to be either mild or so distinct it defines a drink's personality. If the only place that seems appropriate to add a splash is the bottom of an empty rocks glass, you have a winner for a great solo sipper.

MAPLE OLD-FASHIONED

1½ ounces bourbon

- 3 tablespoons fresh grapefruit juice
- 1 tablespoon grade B maple syrup
- 2 dashes Angostura bitters
- 1 (2-inch) strip grapefruit rind

1. Combine bourbon, grapefruit juice, maple syrup, and bitters in a rocks glass; stir. Add ice, and garnish with grapefruit rind.

CALORIES 174; FAT 0.1g (sat 0g, mono 0g, poly Og); PROTEIN Og; CARB 19g; FIBER Og; CHOL Omg; IRON Omg; SODIUM 3mg; CALC 26mg

-Recipe by Katie Barreira

FAVORITE SIPPERS



OLD GRAND DAD

80 proof, \$20

At the lower end of the proof spectrum, OGD offers impressive sweet-sour fruitiness balanced by a heady spice edge. Keeping an on-therocks-friendly budget bourbon on hand is a good call; with notable complexities and vanilla sweetness, this is ours.



REDEMPTION

82 proof, \$25

Lip-smacking buttery flavor and a silky-smooth swallow distinguish this exceptional bourbon. The sleek bottle boasts a great price, making it a stellar pick for gifting.



90 proof, \$35

Rich caramel notes and a warm spiced finish with hints of nutmeg make Bulleit a crowd-pleasing favorite.



WOODFORD RESERVE

90 proof, \$37

Well-rounded butterscotch with midproof bite feels both rugged and indulgent. This approachable spirit welcomes you warmly with open arms.



RUSSELL'S RESERVE SINGLE BARREL

110 proof, \$50

This is the whiskey burn you want: a spicy punch at the front, quickly dissipating to a velvety-smooth finish, with no lingering harsh flames. Most definitely a spirit you'll want to cozy up with as fall creeps in.



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IN SEASON

With a nostalgic sweet and juicy grape-jelly flavor, Concord grapes are worth every seeded bite.



【 let's get cook*i*ng!]



GUIDEBOOK

Find holes-in-the-wall and insider eateries in cities worldwide with Phaidon's Where Chefs Eat. \$25



Q: Can I make a restaurant-quality stir-fry?

Yes, it's simple: Don't do what they do at the restaurants. Sounds counterintuitive, but the equipment you're cooking on is vastly different from theirs.

A restaurant-quality wok range gets roughly 10 times hotter than even the best home range. But rapid cooking is vitally important to a stir-fry. Meat in a good stir-fry should be tender but well browned, while vegetables should have blistered and seared surfaces but still retain a bright crunch. At home, you often end up steaming: Meat becomes tough, vegetables limp and overcooked, sauces watery and bland.

I know of two easy fixes. The first is to take your stirfry outside and cook over a coal fire. Weber makes a grate for their kettle grill with a removable center, allowing you to place a large rounded wok on the grill for high-heat outdoor cooking.

Indoors, use a carbon steel or cast-iron flat-bottomed wok (rounded woks don't sit on stovetops), and cook in batches. (A great pick: Joyce Chen Classic Series 14-inch carbon steel wok, \$30, amazon.com.)

Start with all ingredients prepped, and put them in small bowls near the stove; once a stir-fry starts, there's no stopping until it's done.

Heat a small film of oil over the highest possible heat until it's lightly smoking; then add no more than a half pound of meat, spreading it into a single layer and cooking without moving until it's very well browned, about 45 seconds. Stir until it's cooked through, and then transfer to a bowl.

Repeat with small batches until all meat and veggies are cooked. Return wok to high heat, stir-fry aromatics, and then return all cooked meat



and vegetables to wok along with your sauce. A few quick tosses to reduce the sauce and coat everything, and you've got a restaurant-grade stir-fry, no high-output stovetop required.

Kenji Lopez-Alt is the chief creative officer of Serious Eats (seriouseats.com), where he writes The Food Lab, unraveling the science of home cooking.



For ideal flavor and texture, cook in small batches so ingredients don't steam, but sear and brown.





Cacao Nibs

Crushed, crunchy cocoa beans—plucked from tropical zones around the world—offer the delightfully bitter essence of chocolate. Sprinkle on yogurt, blend into smoothies, or grind and mix into spice rubs or chili powder. (\$13/1-pound bag, nuts.com) -TIM CEBULA

PHOTOGRAPHY: (STIR-FRY) HECTOR SANCHEZ; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: AMY STONE. (CACAO NIBS) JENNIFER CAUSE' GRAPES) IAIN BAGWELL/STOCKFOOD. (BOOK) COURTESY OF PHAIDON. PORTRAIT: RANDY HARRIS





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squash ribbon pasta with herb cream sauce

Draining the hot cooked pasta over the squash ribbons softens the vegetables just enough to keep their fresh texture yet combine well with the pasta.

COOKING LIGHT SER

EMBER 2015

Adding the red onion to the pasta in the last 2 minutes of cooking removes its harsh bite.

- 1 medium zucchini (about 8 ounces)
- 1 medium summer squash (about 8 ounces)
- 8 ounces uncooked fettuccine
- 1/2 cup thinly sliced red onion
- 1 cup 2% reduced-fat milk
- 1½ tablespoons all-purpose flour
- 1/3 cup heavy cream
- ½ cup chopped fresh tarragon, basil, or parsley
- 3/4 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper

- 1. Shave squashes into thin strips using a vegetable peeler; place in a colander. Bring a large saucepan filled with water to a boil. Add pasta; cook 6 minutes. Add red onion; cook 2 minutes. Drain pasta mixture over squash in colander.
- 2. Return pan to mediumhigh heat. Add milk and flour; bring to a boil. Cook 1 minute or until slightly thickened, stirring constantly. Stir in cream; cook for 1 minute. Add pasta mixture, stirring to coat. Stir in the herbs, salt, and pepper. Serve immediately.

SERVES 4 (serving size: about 1½ cups)
CALORIES 378; FAT 10g (sat 5.7g, mono
2.5g, poly 0.5g); PROTEIN 13g; CARB
60g; FIBER 4g; CHOL 32mg; IRON 3mg;
SODIUM 407mg; CALC 142mg

SERVE WITH SPINACH AND RADICCHIO SALAD WITH LEMON VINAIGRETTE

We love the pop of color from thinly sliced radicchio, but you can leave it out if you like.

- 2 tablespoons olive oil
- 1 tablespoon fresh lemon juice
- ½ teaspoon sugar
- 1/2 teaspoon Dijon mustard
- 1/4 teaspoon freshly ground black pepper
- 1/8 teaspoon kosher salt
- ½ cup thinly sliced radicchio
- 1/2 cup cherry tomatoes, halved
- 1 (5-ounce) package baby spinach and arugula blend
- **1.** Combine first 6 ingredients in a large bowl, stirring with a whisk. Add remaining ingredients to bowl; toss to combine.

SERVES 4 (serving size: about 11/4 cups)
CALORIES 83; FAT 7.2g (sat 1g, mono 5.4g,
poly 0.7g); PROTEIN 1g; CARB 4g; FIBER
1g; CHOL 0mg; IRON 1mg; SODIUM
105mg; CALC 48mg



WHILE WATER FOR PASTA COMES TO A BOIL

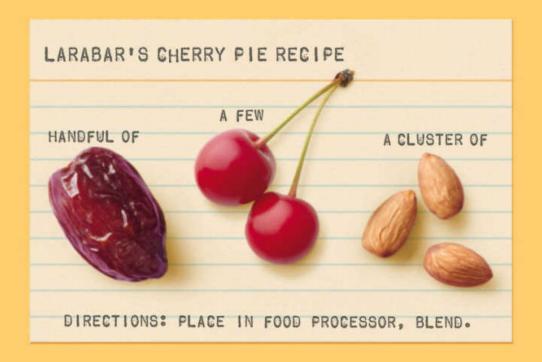
Shave squash.

WHILE PASTA COOKS

Prepare salad.



SOSIMPLE YOU COULD MAKE IT AT HOME





JUST THE STUFF THAT MATTERS."
ONLY THREE INGREDIENTS: CHERRIES, ALMONDS AND DATES.



GAME PLAN

WHILE QUINOA COOKS

Prepare bell pepper mixture.

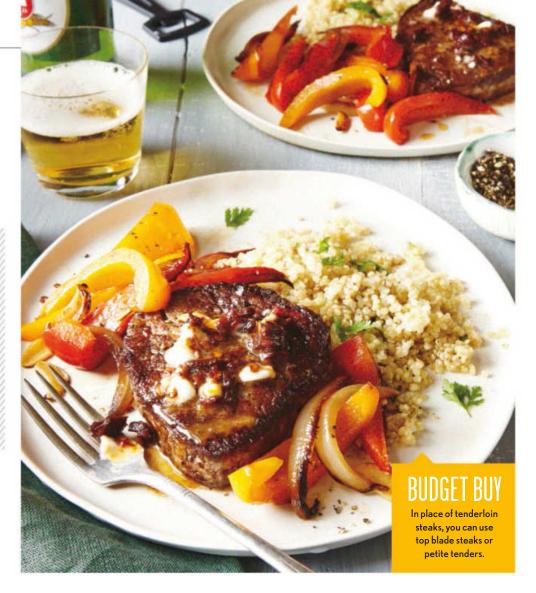
WHILE BELL PEPPER MIXTURE COOKS

Cook steaks. Make chipotle butter.

beef tenderloin steaks with chipotle butter and bell pepper sauté

Make sure the cast-iron skillet is hot before adding the steaks so that they get a nicely browned crust on both sides. We like both red and orange peppers, though just one color will work.

- 2 teaspoons olive oil
- 1/4 cup sliced onion
- 2 garlic cloves, sliced
- 1 small red bell pepper, sliced
- 1 small orange bell pepper, sliced
- 1/4 cup dry white wine
- ½ teaspoon freshly ground black pepper, divided
- 3/8 teaspoon kosher salt, divided
- 2 (4-ounce) beef tenderloin steaks or 1 (8-ounce) sirloin steak



Cooking spray

- 2 teaspoons butter, softened
- 1 teaspoon finely chopped chipotle chile in adobo sauce
- 1. Heat a large skillet over medium-high heat. Add olive oil, and swirl to coat. Add onion, garlic, and bell peppers to pan; cook 5 minutes, stirring occasionally. Add wine; bring to a boil. Cook 2 minutes or until liquid almost evaporates, scraping pan to loosen browned bits. Stir in ¼ teaspoon black pepper and ½ teaspoon salt.
- **2.** Heat a cast-iron skillet over medium-high heat. Sprinkle steaks evenly with

remaining ½ teaspoon black pepper and ¼ teaspoon salt. Coat pan with cooking spray. Add steaks to pan; cook 3 minutes on each side or until desired degree of doneness. Combine butter and chipotle chile in a bowl. Divide butter mixture over steaks. Serve with bell pepper mixture.

SERVES 2 (serving size: 1 steak and about ½ cup bell pepper mixture)

CALORIES 298; FAT 16.3g (sat 5.8g, mono 7.3g, poly 1g); PROTEIN 26g; CARB 8g; FIBER 2g; CHOL 84mg; IRON 2mg; SODIUM 489mg; CALC 45mg

SERVE WITH CILANTRO-CUMIN QUINOA

Fragrant, earthy cumin stands out in this quick whole-grain side and turns the quinoa a pretty golden color that's accented by cilantro.

- ²/₃ cup water
- ½ cup uncooked quinoa, rinsed and drained
- 2 tablespoons chopped fresh cilantro
- 2 teaspoons olive oil
- 1/4 teaspoon kosher salt
- ½ teaspoon ground cumin
- 1/4 teaspoon freshly ground black pepper
- 1. Combine ½ cup water and quinoa in a small saucepan; bring to a boil. Reduce heat; cover and simmer 13 minutes or until liquid is absorbed. Stir in remaining ingredients.

SERVES 2 (serving size: about ²/₃ cup)
CALORIES 200; FAT 7.3g (sat 1g, mono
4.3g, poly 1.8g); PROTEIN 6g; CARB
28g; FIBER 3g; CHOL Omg; IRON 2mg;
SODIUM 243mg; CALC 23mg



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lemonbrowned butter cod with hazelnut pilaf

Thin pieces of spaghetti are traditional in Armenian-style pilaf. If you can't find basmati rice, any long-grain white rice will work. Keep an eye on the butter mixture as it browns—it can burn quickly.

- 2 tablespoons unsalted butter, divided
- tablespoon olive oil, divided

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- 2 ounces uncooked thin spaghetti, broken into 2-inch pieces
- 1 cup unsalted chicken stock (such as Swanson)
- ½ cup uncooked
- 5/8 teaspoon kosher salt, divided
- 1/2 teaspoon freshly ground black pepper, divided
- 1/4 cup chopped toasted hazelnuts
- 4 (6-ounce) cod fillets
- 2 tablespoons fresh lemon juice
- 4 lemon wedges (optional)
- **1.** Preheat oven to 400°.
- **2.** Heat 1 tablespoon butter and 1 teaspoon oil in a small saucepan over medium-high heat; swirl until butter melts. Add pasta; cook 3 minutes or until lightly browned, stirring occasionally. Add stock, rice, ³/₈ teaspoon salt,

and ½ teaspoon pepper to pan; bring to a boil. Cover; reduce heat, and simmer until liquid is absorbed (about 15 minutes). Fluff rice mixture with a fork. Top with hazelnuts.

- 3. Heat a large ovenproof skillet over medium-high heat. Add remaining 2 teaspoons oil to pan; swirl to coat. Sprinkle fish with remaining ¼ teaspoon salt and remaining 1/4 teaspoon pepper. Add fish to pan; cook 1 minute. Turn over; place pan in oven. Bake at 400° for 8 to 10 minutes or until fish flakes easily when tested with a fork. Remove fish from pan; keep warm. Wipe out pan with paper towels (do not rinse).
- **4.** Return pan to mediumhigh heat. Add remaining 1 tablespoon butter; swirl until

butter melts. Cook 1 minute or until butter begins to brown. Stir in juice. Drizzle butter mixture over fish. Serve with rice mixture and lemon wedges, if desired.

SERVES 4 (serving size: 1 fillet and about \(^{1}\)2 cup rice mixture\)

CALORIES 416; FAT 14.9g (sat 4.7g, mono 7.4g, poly 1.5g); PROTEIN 36g; CARB 35g; FIBER 2g; CHOL 88mg; IRON 2mg; SODIUM 426mg; CALC 46mg

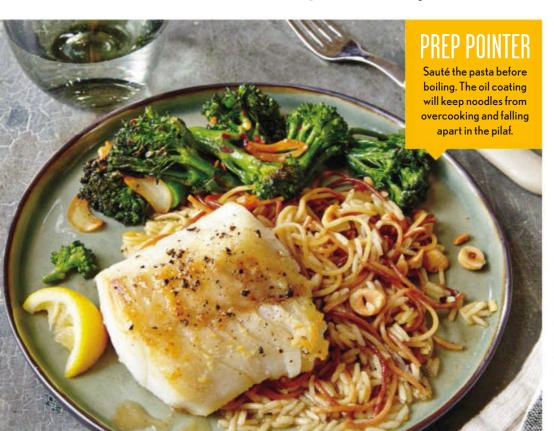
SERVE WITH

SPICY GARLIC BROCCOLINI

Broccolini has long, thick stalks and small florets. Broccoli rabe has slender stalks, larger florets, and leaves, as well as a slightly bitter flavor. Either will work in this quick sauté.

- 1 tablespoon olive oil
- 1 pound Broccolini, trimmed and cut into 2-inch pieces
- 1/4 teaspoon kosher salt
- 1/4 teaspoon crushed red pepper
- 1 garlic clove, thinly sliced
- 1. Heat a large skillet over medium heat. Add oil to pan; swirl to coat. Add Broccolini; cook 4 minutes, stirring occasionally. Stir in salt, pepper, and garlic; cook 2 minutes or until Broccolini is crisp-tender, stirring occasionally.

SERVES 4 (serving size: about ½ cup)
CALORIES 78; FAT 3.4g (sat 0.5g, mono
2.5g, poly 0.4g); PROTEIN 4g; CARB
8g; FIBER 1g; CHOL Omg; IRON 1mg;
SODIUM 154mg; CALC 82mg



GAME PLAN

WHILE OVEN PREHEATS
Cook rice mixture.

Sear fish.
WHILE FISH BAKES

Cook Broccolini.

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.



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GAME PLAN

WHILE OVEN **PREHEATS**

Cook potatoes. Prepare pork.

WHILE PORK COOKS

Mash potatoes. Cook green beans.



Using jelly rather than preserves in the glaze helps maintain a smooth texture, but you can use either. Instead of grape, try strawberry, cherry, red currant, or even jellied cranberry sauce.

- 1 pound small red potatoes
- 1/3 cup 2% reduced-fat milk
- 1½ tablespoons butter
- 3/4 teaspoon kosher salt, divided
- 3/4 teaspoon freshly ground black pepper, divided
- 2 teaspoons olive oil, divided
- 1 teaspoon chopped fresh thyme

- 1 small garlic clove, grated
- 1 (1-pound) pork tenderloin, trimmed

Cooking spray

- 2 tablespoons grape jelly
- tablespoons red wine vinegar
- 1 tablespoon minced shallots
- 1. Preheat oven to 500°.
- 2. Place potatoes in a large saucepan; fill with water to 1 inch above potatoes. Bring to a boil; cook 10 minutes or until potatoes are tender. Drain; return to pan. Mash potatoes to desired consistency with a potato masher. Stir in milk, butter, ¼ teaspoon salt, and ¼ teaspoon pepper.
- **3.** Combine remaining ½ teaspoon salt, remaining $\frac{1}{2}$ teaspoon pepper, 1 teaspoon oil, thyme, and

garlic; rub evenly over pork. Place pork on a jelly-roll pan coated with cooking spray; bake at 500° for 10 minutes. Combine remaining 1 teaspoon oil, jelly, vinegar, and shallots in a small saucepan; bring to a boil. Cook 1 minute, stirring occasionally. Brush half of jelly mixture over pork; bake at 500° for 5 minutes. Turn pork; brush with remaining half of jelly mixture. Bake 5 to 8 minutes or until a thermometer registers 145°. Place pork on a cutting board; let stand 5 minutes. Cut across the grain into thin slices. Serve with mashed potatoes.

SERVES 4 (serving size: 3 ounces) CALORIES 327; FAT 9.9g (sat 4.1g, mono 3.9q, poly 0.9q); **PROTEIN** 27q; **CARB** 31g; FIBER 2g; CHOL 87mg; IRON 2mg; SODIUM 482mg; CALC 47mg



SERVE WITH SAUTÉED ALMOND GREEN BEANS

- 2 teaspoons olive oil
- 1 (12-ounce) package trimmed fresh green beans
- 3 tablespoons slivered almonds, toasted
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- **1.** Heat a large skillet over medium-high heat. Add oil to pan; swirl to coat. Add green beans; sauté 4 minutes or until crisp-tender. Sprinkle with almonds, salt, and pepper.

SERVES 4 (serving size: about 1/3 cup) **CALORIES** 77; **FAT** 5q (sat 0.6q, mono 3.4q, poly 0.9g); PROTEIN 3g; CARB 7g; FIBER 3g; CHOL Omg; IRON 1mg; SODIUM 125mg; **CALC** 45mg



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roasted bbq drumsticks with cowboy beans

8 skinless chicken drumsticks (about 2 pounds)

Cooking spray

- 2 tablespoons unsalted tomato paste
- 1 tablespoon lower-sodium soy sauce
- ½ teaspoon sugar
- ½ teaspoon freshly ground black pepper, divided

- 1 tablespoon olive oil
- $\frac{1}{2}$ cup chopped onion
- 1/2 cup chopped red bell pepper
- 1/4 cup unsalted ketchup
- 1 tablespoon brown sugar
- 2 tablespoons water
- 1 tablespoon molasses
- ½ teaspoon chili powder
- 1/4 teaspoon kosher salt
- ½ teaspoon paprika
- 1 (15-ounce) can unsalted pinto beans, rinsed and drained
- 1. Preheat oven to 450°.
- **2.** Place drumsticks on a foil-lined baking sheet coated with cooking spray; bake at 450° for 20 minutes. Combine tomato paste, soy sauce, sugar, and ½ teaspoon black pepper in a bowl. Brush half of soy sauce

mixture over chicken; bake at 450° for 10 minutes. Turn, brush with remaining soy sauce mixture, and bake at 450° for 5 minutes or until chicken is done.

3. Heat a medium saucepan over medium-high heat. Add oil; swirl to coat. Add onion and bell pepper; sauté 6 minutes. Stir in remaining ¼ teaspoon black pepper, ketchup, and next 6 ingredients (through paprika); bring to a boil. Cook 1 minute, stirring frequently. Add beans; cook 1 minute, stirring occasionally. Serve with drumsticks.

SERVES 4 (serving size: 2 drumsticks and about ¹/₂ cup bean mixture)

CALORIES 473; FAT 13g (sat 2.8g, mono 5.7g, poly 2.6g); PROTEIN 52g; CARB 34g; FIBER 6g; CHOL 220mg; IRON 4mg; SODIUM 554mg; CALC 99mg

SERVE WITH

HONEY MUSTARD GLAZED CARROTS

Partially cover the pan as the carrots steam so they retain some texture. They will continue to soften as the glaze reduces in the pan.

- 4 cups peeled diagonally sliced carrots
- ½ cup water
- 1½ tablespoons unsalted butter
 - 4 teaspoons honey
 - 1 tablespoon prepared mustard
- 1/4 teaspoon kosher salt
- 1/4 cup chopped fresh chives
- 1. Place carrots and ½ cup water in a medium skillet over medium-high heat; bring to a boil. Reduce heat, and simmer, partially covered, 6 minutes or until liquid almost evaporates. Stir in butter, honey, mustard, and salt; cook 3 minutes or until mixture thickens slightly. Sprinkle with chives.

SERVES 4 (serving size: about ½ cup)
CALORIES 115; FAT 4.8g (sat 2.8g, mono
1.2g, poly 0.4g); PROTEIN 2g; CARB
18g; FIBER 4g; CHOL 11mg; IRON 1mg;
SODIUM 252mg; CALC 49mg

-Recipes by Deb Wise



A touch of molasses adds a slightly bitter note to balance the brown sugar in the pinto bean mixture.

GAME PLAN

WHILE OVEN PREHEATS Prepare drumsticks.

WHILE DRUMSTICKS BAKE

Cook beans and carrots.

28 COOKING LIGHT SEPTEMBER 2015

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.



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DINNER TONIGHT SHOPPING



MEATLESS MONDAY

SQUASH RIBBON PASTA WITH HERE CREAM SAUCE

- □ Zucchini (1 medium)
- ☐ Summer squash (1 medium)
- ☐ Tarragon
- ☐ Red onion
- All-purpose flour
- ☐ Fettuccine (8 ounces)
- ☐ 2% reduced-fat milk
- ☐ Heavy cream

Spinach and Radicchio Salad with Lemon Vinaigrette

- □ Lemon (1)
- ☐ Cherry tomatoes (1 pint)
- 5-ounce package baby spinach and arugula blend (1)
- ☐ Radicchio (1 small head)
- ☐ Olive oil
- Dijon mustard
- ☐ Sugar



JUST FOR 2 TUESDAY

BEEF TENDERLOIN STEAKS WITH CHIPOTLE BUTTER AND BELL PEPPER SAUTE

- ☐ Red bell pepper (1 small)
- ☐ Orange bell pepper (1 small)
- □ Onion (1)
- ☐ Garlic
- ☐ Olive oil
- Chipotle chile in adobo sauce

- Dry white wine
- ☐ Butter
- ☐ Beef tenderloin steaks (8 ounces)

Cilantro-Cumin Quinoa

- ☐ Cilantro
- Ground cumin
- ☐ Olive oil
- ☐ Quinoa



WEDNESDAY

LEMON-BROWNED BUTTER COD WITH HAZELNUT PILAF

- ☐ Lemon (1)
- ☐ Olive oil
- Unsalted chicken stock (such as Swanson)
- ☐ Thin spaghetti (2 ounces)
- ☐ Basmati rice
- □ Hazelnuts
- Unsalted butter
- Cod fillets (1.5 pounds)

Spicy Garlic Broccolini

- ☐ Broccolini (1 pound)
- ☐ Garlic
- ☐ Crushed red pepper
- ☐ Olive oil



THURSDAY

SWEET AND TANGY GLAZED PORK TENDERLOIN WITH RED POTATO MASH

- ☐ Thyme
- ☐ Shallot (1)
- ☐ Garlic
- □ Red potatoes (1 pound)
- ☐ Olive oil
- ☐ Red wine vinegar

☐ Grape jelly

- ☐ 2% reduced-fat milk
- ☐ Butter
- □ Pork tenderloin (1 pound)

Sautéed Almond Green Beans

- Green beans (12 ounces)
- ☐ Olive oil
- □ Slivered almonds



FAMILY FRIDAY

ROASTED BBQ DRUMSTICKS WITH COWBOY BEANS

- Red bell pepper
- □ Onion
- ☐ Chili powder
- Paprika
- ☐ Olive oil
- Lower-sodium soy sauce
- Unsalted ketchup
- Molasses
- □ Sugar
- □ Brown sugar
- Unsalted tomato paste
- □ 15-ounce can unsalted pinto beans (1)
- ☐ Skinless chicken drumsticks (2 pounds)

Honey Mustard Glazed Carrots

- □ Carrots
- ☐ Chives
- ☐ Honey
- ☐ Prepared mustard
- ☐ Unsalted butter

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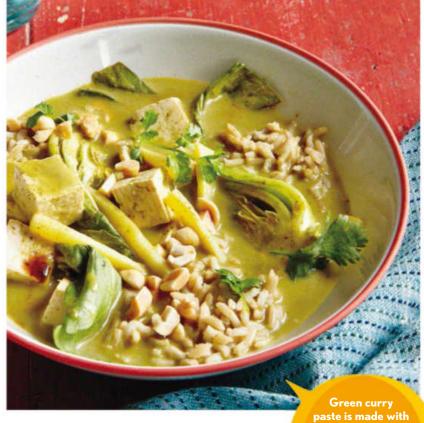


PORK CHOPS WITH TOMATO GRAVY AND SQUASH

So simple to prepare, the gravy is a fantastic recipe to keep on hand for a variety of other proteins. Try it with poached eggs or chicken.

- 4 (6-ounce) bone-in center-cut loin pork chops
- 1 teaspoon kosher salt, divided
- 3/4 teaspoon freshly ground black pepper, divided
 - 1 tablespoon olive oil
- 1 cup lower-sodium tomato juice, divided
- 2 teaspoons cornstarch
- 1/3 cup unsalted chicken stock
- 3/4 teaspoon garlic powder
- 2 green onions, sliced
- 2 tablespoons chopped fresh flat-leaf parsley, divided
- 2 tablespoons unsalted butter, divided
- 1 pound yellow squash, cut into 1/4-inch-thick slices
- **1.** Sprinkle pork with ¼ teaspoon salt and ¼ teaspoon pepper. Heat oil in a skillet over medium-high. Add pork; cook 5 minutes on each side. Remove from pan.
- 2. Combine ½ cup tomato juice and cornstarch in a small bowl, stirring with a whisk. Add cornstarch mixture, remaining ½ cup tomato juice, stock, garlic powder, and onions to pan. Bring to a boil; reduce heat, and simmer 3 minutes. Remove pan from heat. Stir in ¼ teaspoon salt, ¼ teaspoon pepper, 1 tablespoon parsley, and 1 tablespoon butter.
- **3.** Heat remaining 1 tablespoon butter in a skillet over high heat until foamy. Add squash; cook 5 minutes, stirring occasionally. Stir in remaining ½ teaspoon salt, remaining ½ teaspoon pepper, and remaining 1 tablespoon parsley. Serve pork with sauce and squash.

SERVES 4 (serving size: 1 pork chop, 1/3 cup sauce, and 3/4 cup squash)
CALORIES 269; FAT 15.4g (sat 5.9g, mono 6.1g, poly 1.4g);
PROTEIN 24g; CARB 9g; FIBER 2g; CHOL 82mg; IRON
2mg; SODIUM 590mg; CALC 57mg



tofu curry with bok choy and peanuts

This comforting dish is warming and wonderful fresh off the stove, but it makes for an even better lunch the next day because the flavors develop more after a night in the fridge. Don't toss those cilantro stems! We have four tasty recipes for them on p. 154.

- 1¹/₄ cups packed fresh cilantro leaves, divided
 - 3 tablespoons green curry paste
 - 3 tablespoons rice vinegar
- 1½ tablespoons brown sugar
 - 1 (15-ounce) can light coconut milk
 - (14-ounce) package firm water-packed tofu, drained and cubed

- 12 ounces baby bok choy, cut into wedges
- 1 (8-ounce) can sliced bamboo shoots, rinsed and drained
- 3 tablespoons lowersodium soy sauce, divided
- 1/8 teaspoon kosher salt
- 2 (8.8-ounce) packages precooked brown rice (such as Uncle Ben's)
- 1/2 cup roasted unsalted peanuts, chopped
- 1. Combine 1 cup cilantro and next 4 ingredients (through coconut milk) in a blender; process until smooth.
- 2. Bring curry mixture and tofu to a boil in a large Dutch oven over high heat; stir gently. Add bok choy, bamboo shoots, 1½ tablespoons

soy sauce, and salt to pan. Reduce heat to medium, and simmer 4 minutes.

herbs, spices, and

green chiles. Find

it in the Asian

foods aisle of most

supermarkets.

3. Heat rice according to package directions. Divide rice among 4 bowls. Top evenly with curry mixture; sprinkle evenly with peanuts and remaining ½ cup cilantro. Drizzle servings evenly with remaining 1½ tablespoons soy sauce.

SERVES 4 (serving size: ³/₄ cup rice and 1 ¹/₂ cups curry)

CALORIES 394; FAT 15.6g (sat 2.8g, mono 5g, poly 4.3g); PROTEIN 17g; CARB 51g; FIBER 5g; CHOL 0mg; IRON 3mg; SODIUM 796mg; CALC 123mg



MADE WITH		
15%	Steak	
85%	Things that don't belong on a steak	



MADE WITH		
100%	Turkey Breast	



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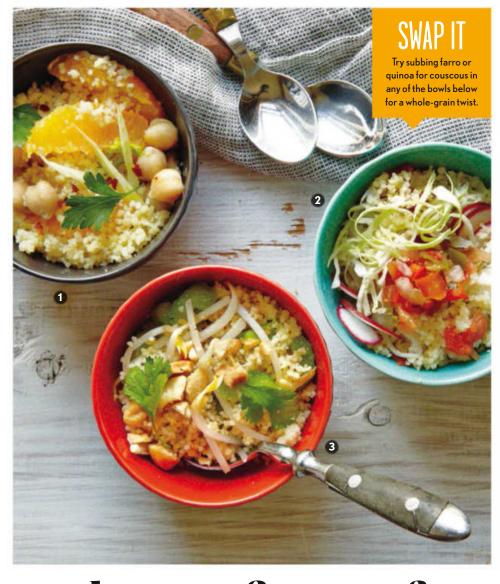




greek-style couscous

- 3/4 cup unsalted chicken stock
- 3/4 cup uncooked couscous
- ½ teaspoon kosher salt, divided
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon red wine vinegar
- 1/4 teaspoon freshly ground black pepper
- 1 cup (1/4-inch) diced English cucumber
- 1 $cup(\frac{1}{4}-inch)$ diced tomato
- 3 tablespoons fresh oregano leaves
- 1 ounce crumbled feta cheese (about ¹/₄ cup)
- 1. Bring stock to a boil in a small saucepan over high heat. Place couscous and ¼ teaspoon salt in a small baking dish. Pour stock over couscous; stir to combine. Cover tightly with plastic wrap; let stand 8 minutes. Fluff with a fork.
- 2. Combine remaining ½ teaspoon salt, oil, vinegar, and pepper in a large bowl, stirring with a whisk. Add cucumber, tomato, and oregano; toss to coat. Add cooked couscous; stir to combine. Sprinkle with feta.

SERVES 4 (serving size: ³/₄ cup)
CALORIES 223; FAT 8.9g (sat 2.1g, mono 5.8g, poly 0.8g); PROTEIN 7g; CARB 28g; FIBER 2g; CHOL 6mg; IRON 1mg; SODIUM 350mg; CALC 70mg



ORANGE AND FENNEL COUSCOUS

Prepare couscous as directed in step 1 of base recipe. Combine 2 tablespoons extra-virgin olive oil, 1 tablespoon fresh lemon juice, 1/4 teaspoon kosher salt, and 1/4 teaspoon crushed red pepper in a bowl, stirring with a whisk. Add

3/4 cup rinsed and drained unsalted canned chickpeas, 3/4 cup thinly sliced fennel bulb, 3/4 cup orange sections, and 1/3 cup chopped fresh flat-leaf parsley; toss. Stir in couscous.

SERVES 4 (serving size: about 1 cup)
CALORIES 251; FAT 8.1g (sat 1.1g, mono
5.2g, poly 1.4g); PROTEIN 8g; CARB
38g; FIBER 3g; CHOL 0g; IRON 1mg;
SODIUM 340mg; CALC 54mg

CABBAGE AND RADISH COUSCOUS

Prepare couscous as directed in step 1 of base recipe. Combine 1 cup very thinly sliced green cabbage, ³/₄ cup very thinly sliced radishes, ¹/₂ cup prepared refrigerated salsa fresca, 2 tablespoons extravirgin olive oil, 1 tablespoon fresh lime juice, and ¹/₄ teaspoon freshly ground black pepper in a large bowl. Stir in couscous. Sprinkle with 1.5 ounces queso fresco.

SERVES 4 (serving size: 1 cup)
CALORIES 242; FAT 9.8g (sat 2.4g,
mono 6.1g, poly 0.9g); PROTEIN 7g;
CARB 29g; FIBER 3g; CHOL 7g; IRON
1mg; SODIUM 315mg; CALC 87mg

CELERY AND CASHEW COUSCOUS

Prepare couscous as directed in step 1 of base recipe. Combine 2 tablespoons extra-virgin olive oil, 1 tablespoon fresh lemon juice, 1 tablespoon lower-sodium soy sauce, and ½ teaspoon brown sugar in a bowl, stirring. Add 1 cup sliced celery and 1 cup mung bean sprouts; toss. Stir in couscous. Sprinkle with 3½ tablespoons chopped unsalted cashews and 2 tablespoons fresh cilantro.

SERVES 4 (serving size: ³/₄ cup)

CALORIES 248; FAT 10.8g (sat 1.7g, mono 7.5g, poly 1.3g); PROTEIN 7g;

CARB 31g; FIBER 3g; CHOL 0g; IRON

1mg; SODIUM 296mg; CALC 26mg







chicken verde tacos

We like a warm taco filling, but if you're going for something a little cooler and more refreshing, skip step 1 and drizzle the salsa over assembled tacos.

- 2 cups shredded skinless, boneless rotisserie chicken breast
- 1/2 cup prepared salsa verde
- 8 (6-inch) corn tortillas
- 2 cups thinly sliced purple cabbage
- 1/3 cup canola mayonnaise
- **1.** Combine chicken and salsa in a saucepan over medium heat; cook 2 minutes or until thoroughly heated.
- **2.** Heat tortillas 20 seconds on each side over an open flame or according to directions.
- **3.** Combine cabbage and mayonnaise in a bowl; toss to coat.
- **4.** Divide chicken mixture evenly among tortillas. Top with cabbage mixture.

SERVES 4 (serving size: 2 tacos)

CALORIES 210; FAT 8.4g (sat 0.6g, mono 4.2g, poly 2.4g); PROTEIN 23g; CARB 10g; FIBER 1g; CHOL 66mg; IRON 1mg; SODIUM 639mg; CALC 32mg

SHRIMP AND BROCCOLI ROTINI

This is a great go-to pasta recipe that you can whip up in a pinch with essentially whatever you have on hand. You can try swapping the shrimp for white beans to turn the lemony seafood pasta into a vibrant vegetarian entrée.

- 6 cups water
- 8 ounces uncooked rotini
- 3 cups packaged fresh broccoli florets
- 2 tablespoons olive oil
- 1 pound peeled and deveined large shrimp

- 2 teaspoons grated lemon rind
- 2½ tablespoons unsalted butter
 - 2 tablespoons fresh lemon juice
- ⁵/₈ teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1. Bring 6 cups water to a boil in a large saucepan. Add pasta, and cook according to package directions, omitting salt and fat. Add broccoli during last 3 minutes of cooking; drain.

2. Heat a large skillet over high heat. Add oil; swirl to coat. Add shrimp to pan; sauté 2 minutes. Stir in lemon rind; sauté 1 minute. Add pasta mixture, butter, lemon juice, and salt to pan. Sauté 1 minute, stirring occasionally; toss to coat. Sprinkle with black pepper; serve immediately.

SERVES 4 (serving size: about 1½ cups)
CALORIES 428; FAT 161g (sat 59g,
mono 6.9g, poly 1.2g); PROTEIN 25g;
CARB 47g; FIBER 4g; CHOL 162mg;
IRON 3mg; SODIUM 486mg;
CALC 102mg



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SANDWICH OF THE MONTH

tarragon chicken salad sandwiches



Fresh tarragon infuses this picnic-perfect chicken salad with lovely anise notes. However,

feel free to separate part of the salad into a bowl before adding the tarragon for a couple of kid-friendlier servings.

- 2 cups shredded skinless, boneless rotisserie chicken breast
- ½ cup canola mayonnaise
- $\frac{1}{3}$ cup finely chopped celery
- 1/4 cup plain Greek yogurt



- 3 tablespoons chopped fresh tarragon
- 2 tablespoons fresh lemon juice
- 1/2 teaspoon freshly ground black pepper
- 4 large green leaf lettuce leaves



- 8 (1-ounce) whole-grain bread slices, toasted
- 8 (1/4-inch-thick) slices tomato
- **1.** Combine first 7 ingredients in a large bowl; stir well.
- **2.** Divide lettuce leaves among 4 bread slices. Top evenly with chicken mixture, tomatoes, and remaining bread slices.

SERVES 4 (serving size: 1 sandwich)
CALORIES 356; FAT 13.5g (sat 2.2g, mono 6.6g, poly 3.5g); PROTEIN 31g; CARB 27g; FIBER 5g; CHOL 69mg; IRON 2mg; SODIUM 752mg; CALC 104mg

-Recipes by Robin Bashinsky

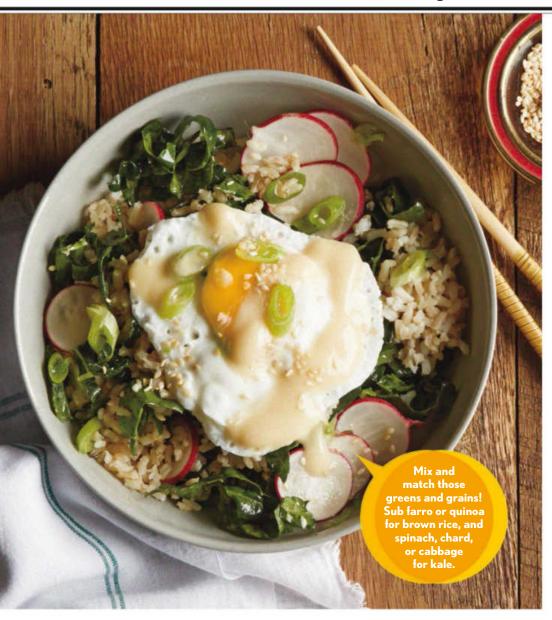
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CRASHED INTO
A CHOCOLATY,
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ICE CREAM SATISFACTION



Creamy, Crunchy, Bright, and Fresh Savory miso melts into fried rice and kale slaw in this Asian-inspired whole-grain bowl.



BROWN RICE BOWL WITH MISO, POACHED EGG, AND KALE-RADISH SLAW

Hands-on: 20 min. Total: 20 min. Nutrient-rich kale has a mild flavor and becomes tender very quickly, making it a snap to add to speedy meals like this one.

8 teaspoons rice wine vinegar, divided

- 2 tablespoons white miso paste
- 5 teaspoons water
- 4 teaspoons toasted sesame oil, divided
- 2 teaspoons lowersodium soy sauce
- 2 teaspoons brown sugar
- 3 cups trimmed and thinly sliced Lacinato kale
- 2 cups thinly sliced radishes

- 1/4 cup thinly sliced green onions
- 2 teaspoons butter
- 2 teaspoons minced garlic
- 2 (8.8-ounce) packages precooked brown rice
- 4 large eggs
- 1/4 cup water
- 2 teaspoons toasted sesame seeds

- **1.** Combine 2 teaspoons vinegar, miso, and 5 teaspoons water in a small bowl, stirring with a whisk.
- 2. Combine remaining 2 tablespoons vinegar, 2 teaspoons oil, soy sauce, and sugar in a large bowl. Add kale, radishes, and green onions to bowl; toss to coat.
- 3. Heat a large nonstick skillet over medium-high heat. Add butter and remaining 2 teaspoons oil to pan; swirl to coat. Add garlic; sauté 30 seconds. Add rice; sauté 5 minutes or until lightly browned. Stir in kale mixture; remove pan from heat. Remove kale mixture from pan; keep warm. Wipe pan with paper towels.
- 4. Return pan to mediumhigh heat. Gently break eggs into pan. Pour ½ cup water around eggs; cover and cook 3 minutes or until desired degree of doneness. Place about 1½ cups kale mixture in each of 4 shallow bowls. Top each serving with 1 egg and about 1 tablespoon miso mixture. Sprinkle evenly with sesame seeds.

ERVES 4

CALORIES 370; FAT 15g (sat 3.6g, mono 4.4g, poly 3.4g); PROTEIN 15g; CARB 49g; FIBER 7g; CHOL 191mg; IRON 4mg; SODIUM 490mg; CALC 123mg

-Recipe by Jeanne Kelley

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Doubly Delicious Pancakes

Pack two veggies—carrots and potatoes—into one savory, kid-friendly side.

POTATO AND CARROT PANCAKES WITH CURRY SAUCE

Hands-on: 45 min. Total: 45 min.

Carrots bring an earthy sweetness to these crispy, latke-like pancakes. To reheat, place on a baking sheet, and heat in a 325° oven until warmed through.

- 2½ cups grated carrot
- 2½ cups grated baking potato
 - ounces all-purpose flour (about ²/₃ cup)
 - 1/2 cup grated onion
 - 1 teaspoon garlic powder
- 3/4 teaspoon kosher salt, divided
- 1/4 teaspoon freshly ground pepper
- 2 large eggs
- 2 tablespoons extravirgin olive oil, divided
- 1/2 cup whole-milk Greek yogurt
- 1/2 teaspoon curry powder
- 2 teaspoons honey
- 1. Preheat oven to 325°.
- 2. Place carrot and potato on paper towels; squeeze until barely moist. Weigh or lightly spoon flour into a dry



HOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: CLAIRE SPOLLEN

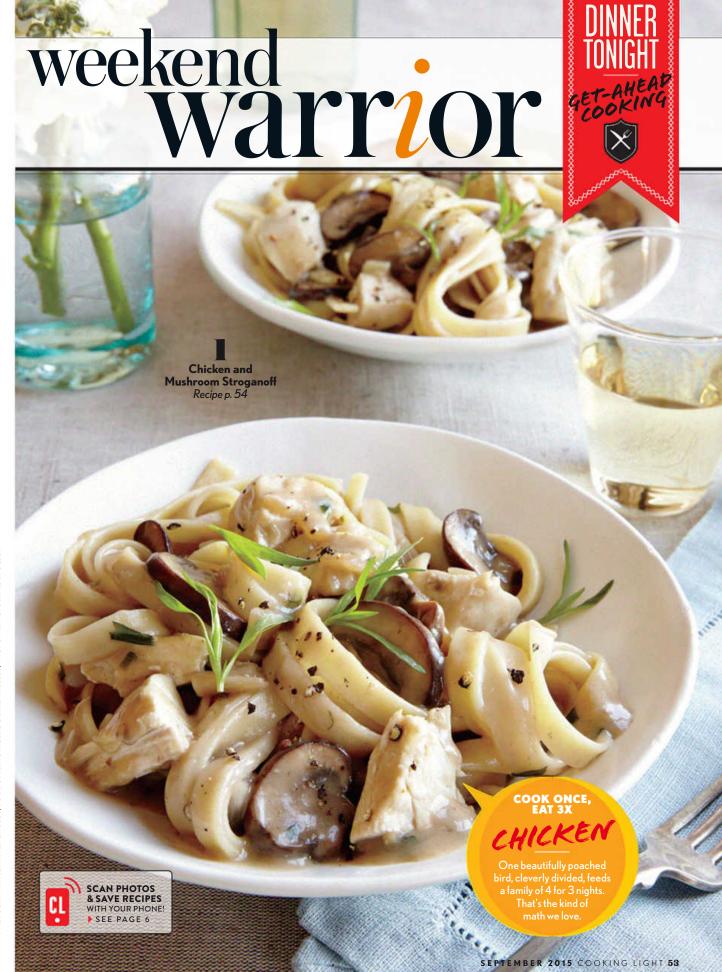


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CHICKEN AND MUSHROOM **STROGANOFF**

Hands-on: 45 min. Total: 3 hr. 15 min. Instead of tarragon, you can substitute fresh parsley.

- 1 (4.5-pound) whole chicken
- 3 quarts water (12 cups)
- 2 teaspoons black peppercorns
- 8 garlic cloves, crushed
- 3 celery stalks, cut into 2-inch pieces
- 2 carrots, cut into 2-inch pieces
- 1 medium yellow onion, quartered
- (1-inch) piece fresh ginger, sliced
- ounces uncooked fettuccine
- 2 teaspoons olive oil
- 1/3 cup chopped shallots
- 3/4 teaspoon kosher salt, divided
 - 1 (8-ounce) package sliced cremini mushrooms
- 2 teaspoons allpurpose flour
- $\frac{1}{2}$ cup dry white wine
- 1/3 cup crème fraîche
 - 1 tablespoon chopped fresh tarragon, divided
- 1/4 teaspoon freshly ground black pepper

Tarragon sprigs

1. Place first 8 ingredients in a large stockpot; bring to a boil. Reduce heat; cover and simmer 45 minutes or until chicken is done. Place chicken on a cutting board; cool. Remove

- solids with a slotted spoon, reserving liquid; discard solids.
- **2.** Remove skin from chicken; discard skin. Remove breast halves and leg and thigh meat; reserve bones. Shred 1 chicken breast half and dark meat chicken; reserve for Recipes 2 and 3. Add bones to pan; simmer, uncovered, 1½ hours, skimming surface occasionally. Discard bones. Bring stock to a boil: cook 12 minutes or until reduced to 4½ cups. **3.** Cook pasta according
- to package directions, omitting salt and fat. Drain in a colander over a bowl, reserving ½ cup cooking liquid.
- 4. Heat a large nonstick skillet over mediumhigh heat. Add oil; swirl. Add shallots; sauté 1 minute. Add ¼ teaspoon salt and mushrooms; cook 4 minutes. Sprinkle flour over pan; cook 1 minute, stirring constantly. Add wine; cook 1 minute. Add ½ cup stock (reserve remaining 4 cups for Recipe 2) and reserved ½ cup pasta cooking liquid; simmer 2 minutes. Cut remaining chicken breast half into ½-inch pieces. Stir in chicken pieces, ½ teaspoon salt, crème fraîche, chopped tarragon, ground pepper, and pasta. Garnish with tarragon sprigs.

SERVES 4 (serving size: about 1 cup) **CALORIES** 408; **FAT** 11.9g (sat 5.3g, mono 4.4g, poly 1.3g); **PROTEIN** 25g; CARB 42g; FIBER 2g; CHOL 61mg; IRON 2mg; SODIUM 425mg; CALC 31mg

-Recipes by Katie Barreira



SHREDDED CHICKEN TORTILLA SOUP

Cut 1(6-inch) corn tortilla into ½-inch strips; coat with cooking spray. Bake at 375° for 10 minutes. Heat 5 teaspoons canola oil in a large Dutch oven over medium heat. Add 1½ cups chopped **zucchini,** 1 cup chopped onion, ½ cup chopped cilantro, 1 tablespoon chopped jalapeño, ½ teaspoon kosher salt, 2 minced garlic cloves, and 2 bay leaves; cook 7 minutes. Stir in $1\frac{1}{2}$ tablespoons **chili powder** and 1 tablespoon **ground** cumin. Add 4 cups reserved stock and 1 (14.5-ounce) can unsalted fire-roasted diced tomatoes; bring to a boil. Add ³/₄ cup canned unsalted black beans, ½ teaspoon kosher salt, and 8 ounces reserved chicken breast and dark meat; simmer 5 minutes. Divide among 4 bowls; top with tortilla strips, ½ cup sliced avocado, ½ cup cilantro, and 4 lime wedges.

SERVES 4 (serving size: about 2 cups)

CALORIES 322; FAT 13.3g (sat 2g, mono 6.8g, poly 3.1g); PROTEIN 27g; CARB 24g; FIBER 7q; CHOL 50mq; IRON 3mq; SODIUM 555mq; CALC 95mq



CHICKEN SALAD WITH BOK CHOY, **ALMONDS, AND APRICOTS**

Combine ¹/₃ cup canola mayonnaise, 1 teaspoon grated orange rind, 2 tablespoons fresh orange juice, 1½ teaspoons distilled white vinegar, 1 teaspoon grated peeled fresh ginger, ½ teaspoon kosher salt, $\frac{1}{4}$ teaspoon **sugar**, and $\frac{1}{8}$ teaspoon **black pepper** in a large bowl. Add 6 cups sliced baby bok choy, 1 cup sliced radishes, 1/3 cup chopped dried apricots, ½ cup toasted slivered almonds, 6 ounces reserved dark meat chicken, and 3 ounces reserved chicken breast; toss.

SERVES 4 (serving size: about 2 cups)

CALORIES 260; **FAT** 13.5g (sat 1.6g, mono 7g, poly 3.9g); **PROTEIN** 22g; **CARB** 13g; FIBER 3g; CHOL 58mg; IRON 2mg; SODIUM 519mg; CALC 153mg





Proactively manage your recurring symptoms with LINZESS®

If you're more than occasionally constipated, you may need something other than laxatives. Maybe it's time to talk to your doctor about your chronic constipation symptoms, and ask about LINZESS, a once-daily capsule approved for adults to help manage Chronic Idiopathic Constipation. "Chronic" means the constipation is long-lasting or keeps coming back. "Idiopathic" means the cause is unknown. LINZESS works differently from laxatives. It is thought to work in two ways: by helping to calm pain-sensing nerves*, and by accelerating bowel movements. LINZESS may relieve your symptoms by allowing you to have more frequent and complete bowel movements that are easier to pass.

Bottom line, if your chronic constipation symptoms keep coming back, ask your doctor about LINZESS today.

*This was seen in animal studies and the relevance to humans is not known.

Who is LINZESS for?

Prescription LINZESS® (linaclotide) is for adults with CIC. It is not known if LINZESS is safe and effective in children.

IMPORTANT RISK INFORMATION

- Do not give LINZESS to children who are under 6 years of age. It may harm them.
- You should not give LINZESS to children 6 to 17 years of age. It may harm them.
- Do not take LINZESS if a doctor has told you that you have a bowel blockage (intestinal obstruction).

You are encouraged to report negative side effects of prescription



drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

Before you take LINZESS, tell your doctor:

- If you have any other medical conditions.
- If you are pregnant or plan to become pregnant. It is not known if LINZESS will harm your unborn baby.
- If you are breastfeeding or plan to breastfeed. It is not known if LINZESS passes into your breast milk.
- About all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements.

Side Effects

LINZESS can cause serious side effects, including diarrhea, the most common side effect, which can sometimes be severe. Diarrhea often begins within the first 2 weeks of LINZESS treatment. Stop taking LINZESS and call your doctor right away if you get severe diarrhea during treatment with LINZESS.

Other common side effects of LINZESS include gas, stomach-area (abdominal) pain, swelling, or a feeling of fullness or pressure in your abdomen (distension). Tell your doctor if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of LINZESS. For more information, ask your doctor or pharmacist.

In addition, call your doctor or go to the nearest hospital emergency room right away if you develop unusual or severe stomach-area (abdominal) pain, especially if you also have bright red, bloody stools or black stools that look like tar.

Learn about our money-saving offer at LINZESS.com.

Please see brief summary of Medication Guide on the next page.



Brief Summary of Important Risk Information LINZESS® (lin-ZESS) Capsules



This information does not take the place of talking to your doctor about your medical condition or your treatment.

What is LINZESS?

LINZESS is a prescription medication used in adults to treat irritable bowel syndrome with constipation (IBS-C) and a type of constipation called chronic idiopathic constipation (CIC). "Idiopathic" means the cause of the constipation is unknown.

It is not known if LINZESS is safe and effective in children.

What is the most important information I should know about LINZESS?

- Do not give LINZESS to children who are under 6 years of age. It may harm them.
- You should not give LINZESS to children 6 to 17 years of age. It may harm them.

Who should not take LINZESS?

- Do not give LINZESS to children who are under 6 years of age.
- Do not take LINZESS if a doctor has told you that you have a bowel blockage (intestinal obstruction).

What should I tell my doctor before taking LINZESS? Before you take LINZESS, tell your doctor:

bololo you take Eliveeo, toli your doctor.

- If you have any other medical conditions.
- If you are pregnant or plan to become pregnant. It is not known if LINZESS will harm your unborn baby.
- If you are breastfeeding or plan to breastfeed. It is not known if LINZESS passes into your breast milk. Talk with your doctor about the best way to feed your baby, if you take LINZESS.
- About all the medicines you take, including prescription and non-prescription medicines, vitamins and herbal supplements.

How should I take LINZESS?

- Take LINZESS exactly as your doctor tells you to take it.
- Take LINZESS one time each day on an empty stomach, at least 30 minutes before your first meal of the day.
- Swallow LINZESS capsules whole. Do not break or chew the capsules.
- If you miss a dose, skip the missed dose. Just take the next dose at your regular time. Do not take 2 doses at the same time.

What are the possible side effects of LINZESS? LINZESS can cause serious side effects, including:

- Diarrhea is the most common side effect of LINZESS, and it can sometimes be severe. Diarrhea often begins within the first 2 weeks of LINZESS treatment.
- Stop taking LINZESS and call your doctor right away if you get severe diarrhea during treatment with LINZESS.

Other common side effects of LINZESS include:

- gas
- stomach-area (abdomen) pain
- swelling, or a feeling of fullness or pressure in your abdomen (distention)

Tell your doctor if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of LINZESS. For more information, ask your doctor or pharmacist.

In addition, call your doctor or go to the nearest hospital emergency room right away if you develop unusual or severe stomach-area (abdomen) pain, especially if you also have bright red, bloody stools or black stools that look like tar.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store LINZESS?

- Store LINZESS at room temperature between 68°F to 77°F (20°C to 25°C).
- It is important to keep LINZESS in the bottle that it comes in.
- The LINZESS bottle contains a desiccant packet to help keep your medicine dry (protect it from moisture). Do not remove the desiccant packet from the bottle.
- Keep the container of LINZESS tightly closed and in a dry place.

Keep LINZESS and all medicines out of the reach of children.

Need more information?

- This section summarizes the most important information about LINZESS. If you would like more information, talk with your doctor.
- Go to www.LINZESS.com or call 1-800-678-1605.





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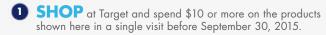
*Maki KC, et al. Benefits of corn oil compared to extra virgin olive oil consumption on the plasma lipid profile in subjects with elevated cholesterol: controlled feeding trial results. J. Clin. Lipidol. January/February 2015.
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Roasted Vegetable Pizza

Freeze an extra pie tonight for a convenient dinner later that's way better than boxed.

ROASTED ASPARAGUS. **MUSHROOM, AND ONION PIZZÁ**

Hands-on: 51 min. Total: 1 hr. 31 min.

Partially baking the pizza before freezing helps draw moisture out of the vegetables and set the crust so it stays nice and crisp. Use any hearty vegetables you like, but skip more delicate items like fresh tomatoes, as they won't hold up as well in the freezer.

- $1\frac{1}{2}$ pounds refrigerated fresh pizza dough
 - 2 pounds cremini mushrooms, quartered
 - 2 small red onions, each cut into 12 wedges

Cooking spray

- 1 pound asparagus spears, trimmed and cut into thirds
- 2 tablespoons cornmeal, divided
- ²/₃ cup lower-sodium marinara sauce, divided (such as Dell'Amore)
- 5 ounces fresh mozzarella cheese, torn into small pieces and divided (about $1\frac{1}{4}$ cups)
- 3 ounces fontina cheese, shredded and divided (about 3/4 cup)
- 1½ tablespoons extra-virgin olive oil
- 1½ tablespoons balsamic vinegar
- 3/4 teaspoon crushed red pepper
- 1/4 cup fresh basil leaves
- 1/4 teaspoon kosher salt
- 1. Divide dough in half. Let stand at room temperature, covered, for 30 minutes.



- **2.** Place 2 heavy baking sheets in oven. Preheat oven to 500° (keep pans in oven as it preheats).
- **3.** Combine mushrooms and onions on a jelly-roll pan; coat with cooking spray. Bake at 500° for 15 minutes. Add asparagus to pan; bake at 500° for 15 minutes. Remove from oven; cool.
- **4.** Roll each piece of dough to a 15 x 9-inch rectangle on a lightly floured work surface. Carefully remove baking sheets from oven; sprinkle with cornmeal. Arrange dough on baking sheets; coat with cooking

spray. Bake at 500° for 8 minutes. Spread ½ cup sauce over each crust, leaving a ½-inch border. Top evenly with vegetable mixture and cheeses. Bake at 500° for 5 minutes. Continue baking at 500° for 5 to 6 minutes, or follow freezing instructions. 5. Combine oil, vinegar,

and pepper in a small bowl; drizzle over pizzas. Sprinkle with basil and salt. Cut each pizza into 8 pieces.

SERVES 8 (serving size: 2 pieces) CALORIES 397; FAT 12.6g (sat 5g, mono 5.2g, poly 1.2g); **PROTEIN** 18g; **CARB** 53g; FIBER 9g; CHOL 27mg; IRON 3mg; SODIUM 571mg; CALC 100mg

-Recipe by Adam Hickman



on oven rack at 450° for 20

minutes or until crust is

browned and crisp. Top with

oil mixture, basil, and salt.

HOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: CLAIRE SPOLLEN. ILLUSTRATION: HARRY MAL



How do cheeseburgers technically become Queso Burgers? By being topped with a melty mixture of VELVEETA and RO*TEL® Diced Tomatoes & Green Chilies.

Prep Time: 20 min. | Makes: 6 servings

What you need:

- 1.5 lbs. ground sirloin
- 1 lb. (16 oz.) VELVEETA, cut into 1/2-inch cubes
- 1 can (10 oz.) RO*TEL® Diced Tomatoes & Green Chilies, undrained
- 6 hamburger buns
- 6 pieces leaf lettuce
- 1 large tomato, cut into 6 slices

Make it:

Heat grill to medium heat.

Shape meat into 6 (1/2-inch thick) patties. Grill 4 to 5 min. on each side or until done (160°F). Meanwhile, microwave VELVEETA and RO*TEL® in microwaveable bowl on HIGH 5 min. or until VELVEETA is completely melted, stirring after 3 min. Place burgers on bottom halves of buns; top each with 2 Tbsp.VELVEETA sauce. Cover with lettuce, tomatoes and tops of buns.

For more Liquid Gold recipes visit VELVEETA.com



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5 More Menu Ideas

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Tofu Curry with Bok Choy and Peanuts

THIS ISSUE, PAGE 36





Sautéed Tilapia Tacos with Grilled Peppers and Onion

+ Avocado—Butter Lettuce Salad





Pasta Pork Bolognese

+ Steamed Sugar Snap Peas



Pork Chops with Tomato Gravy and Squash

THIS ISSUE, PAGE 36

+ Goat Cheese Crostini



Shrimp and Broccoli Rotini

THIS ISSUE, PAGE 41

Dessert Bonus:

Mocha Banana Split



Prep lunches ahead by making one big salad on Sunday, dividing into stackable containers, and refrigerating. Make sure to include a lean protein and whole grains for sustained energy. Keep nuts, dried fruit, and veggie chips at your desk to amp up your salad. Keep low-fat string cheese and nut butters in the office fridge for added protein.

HOT



off the press



off the griddle



off the grill...



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Packed with Protein

Are you getting enough or too much?

BY SEAN KELLEY

efore you listen to another claim about protein, here's something to consider: You're probably getting enough.

In fact, the average American consumes twice the amount of protein needed. This may surprise you, given how often protein comes up in nutrition conversations.

The culprit: our meat-focused diets. Ounce for ounce, meat contains far more protein than plant sources. Our intake may also be affected by an influx of processed foods with added protein—from breakfast cereals to ice cream to salad dressings.

PHOTOGRAPHY: HECTOR SANCHEZ; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: AMY STONE

Fortunately, a little extra protein probably won't hurt you. It may even help you feel fuller and reduce blood sugar spikes. But unless you're an elite athlete or pregnant, you don't really need it.

Read on to find out how easy it is to get your daily dose of protein from a diet heavy on plants.

INSIDE

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by the numbers

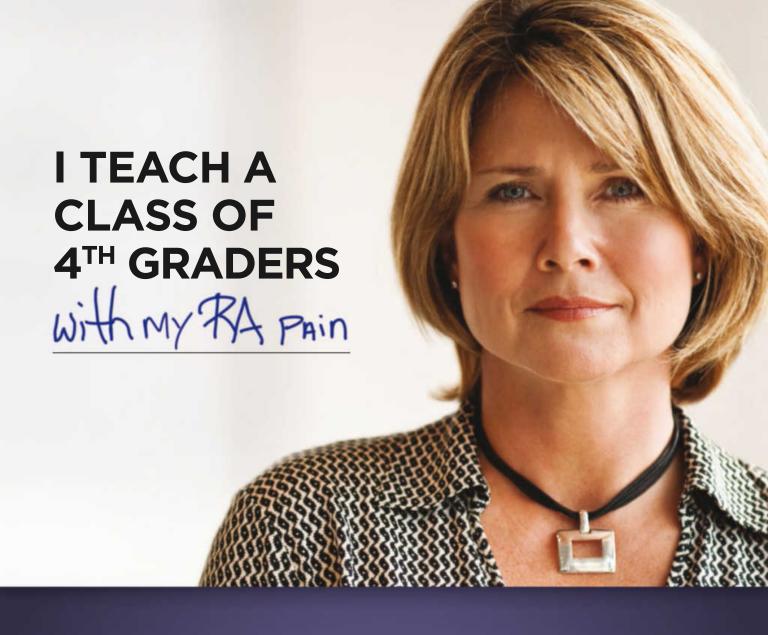
Piling on the Protein

A mix of veggies, dairy, grains, and lean meats provides all the protein you need.



hen we hear the word "protein," most of us think steak, chicken, eggs, or fish. But plants have protein, too, and they have other advantages, including vitamins and belly-filling fiber. They also have less saturated fat and more mono- and polyunsaturated fats than animal protein, and they're considered more sustainable to boot. Bottom line: It's easy to get a full day's worth of protein following a vegetable-laden path, like the one below.





IT'S NOT OK TO JUST GET BY WITH RA PAIN.

Nobody chooses to have RA, but you do have control over how you live your life with it. If you feel like you're just getting by, talk to your doctor. But keep in mind that patients and rheumatologists often think about RA in different ways. Rethinking how you have the conversation could make a difference in what your doctor recommends.

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rec<mark>i</mark>pe makeover

More-Than-Just-Meat Loaf

We pack our pan with plant-based proteins to cut calories and fat in half. By SIDNEY FRY, MS, RD



of the classic ground beef-and-pork combo has nearly 40g of protein, thanks to the double portion of meat packed into each slice. Protein is a good thing, but with all that meat come more than 600 calories and 16g sat fat, not to mention the need for some fiber-filled veggies to balance the plate. Could we knock out some calories and add in some plants, too? We had to find out.

both protein and fiber, and have far less fat and calories than meat. We start with a half-pound of lean ground beef—just enough to provide juicy, meaty satisfaction—and blend in sautéed mushrooms for heartiness with less heft. Chickpeas, walnuts, and green peas are all good sources of plant protein that add texture, while Parmesan cheese gives our loaf a salty kick of cheesy goodness. Instead of

whole grains add protein, too.

Our roasted red pepper sauce replaces the classic ketchup glaze to save an impressive 300mg sodium per serving. This meat-and-veggie-packed pan has half the fat and sodium of the classic version, delivering more than two servings of veggies, 21g of protein, and five times the fiber per slice while keeping all the meaty, comfort-filled goodness of the original.



Flip the plate: Fill up on the power of plant protein.

VEGGIE-PACKED MEAT LOAF

Hands-on: 40 min. Total: 1 hr. 20 min.
A little meat goes a long way in this version of the classic—bringing that powerful pop of umami to this mostly plant-based take. You can double up and freeze one for later: Simply cover one loaf in plastic wrap before baking, pressing to remove air. Wrap with heavy-duty foil, and store in the freezer up to 2 months. Thaw completely in refrigerator before unwrapping and baking as directed.

- 3 large red bell peppers
- 8 ounces presliced cremini mushrooms
- 1 tablespoon olive oil
- 1 cup chopped red onion
- 4 garlic cloves, minced
- 3/4 cup unsalted chickpeas (garbanzo beans), rinsed and drained

- 3/4 cup frozen green peas, thawed
- 1/4 cup chopped fresh basil, divided
- 5/8 teaspoon kosher salt, divided
- ½ cup chopped walnuts, toasted
- 1/4 cup uncooked bulgur
- 2 tablespoons 1% low-fat milk
- 2 teaspoons Dijon mustard
- ½ teaspoon freshly ground black pepper
- 8 ounces 90% lean ground beef
- 3 ounces grated Parmigiano-Reggiano cheese (about ³/₄ cup)
- 1 large egg, lightly beaten

Cooking spray

- 1 tablespoon balsamic vinegar
- **1.** Preheat broiler to high.
- 2. Cut bell peppers in half lengthwise;

discard seeds and membranes. Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 10 minutes or until blackened. Wrap peppers in foil, sealing edges. Let stand 10 minutes. Peel. Finely chop 2 pepper halves; place in a large bowl. Set aside remaining 4 pepper halves.

- **3.** Reduce oven temperature to 375°.
- **4.** Place mushrooms in a food processor; pulse 10 times or until finely chopped.
- **5.** Heat a large skillet over mediumhigh heat. Add oil to pan; swirl to coat. Add onion; sauté 6 minutes or until tender. Add garlic; sauté 1 minute, stirring constantly. Add mushrooms; sauté 10 minutes or until liquid almost

LEGAL NOTICE

If you bought certain joint health products containing glucosamine, you could get money from a class action settlement.

Includes Move Free, Move Free Advanced, Pain Free, Lubriflex, Great American Nutrition, Metaform, Muscle Tribe, Victory, Schiff, Kirkland, Member's Mark and Spring Valley brand products

A Settlement has been reached in class action lawsuits against Schiff Nutrition International, Inc., Schiff Nutrition Group, Inc., Reckitt Benckiser LLC and their affiliates (Schiff) regarding their joint health products. The lawsuits claim that the labeling and packaging of these joint health products contain false, deceptive and misleading statements and do not warn consumers about the potentially harmful side effects. Schiff denies all of the claims in the lawsuits and any wrongdoing. The Court has not decided who is right

warn consumers about the potentially harmful side effects. Schiff denies all of the claims in the lawsuits and any wrongdoing. The Court has not decided who is right.

WHO IS INCLUDED? You are included in the Settlement Class if you are a resident of the United States who purchased for personal use, and not for resale or distribution, a Move Free, Move Free Advanced, Pain Free, Lubriflex, Great American Nutrition, Metaform, Muscle Tribe, Victory, Schiff, Kirkland, Member's Mark or Spring Valley brand joint health product between January 1, 2005 and May 27, 2015. A complete list of all joint health products included in the Settlement ("Covered Products") is available at www.SchiffGlucosamineSettlement.com or by writing to Schiff Nutrition International Consumer Settlement Administration, P.O. Box 43352, Providence, RI 02940-3352.

WHAT DOES THE SETTLEMENT PROVIDE? Schiff has agreed to a Settlement Fund

of \$6,510,000 to pay all costs associated with this Settlement. Settlement Class Members who submit a timely and valid Claim Form with proof of purchase, such as a cash register receipt, the box or bottles of a Covered Product containing a readable UPC code and lot number, or documentation showing purchase of the Covered Product and the date and location of that purchase, may claim \$10 per bottle of Covered Product for up to five bottles (up to \$50 total). Settlement Class Members who submit a timely and valid Claim Form without proof of purchase may claim \$3 per bottle of a Covered Product for up to four bottles (up to \$12 total). If the total dollar value of valid Claim Forms plus Notice and Administrative Costs, Attorneys' Fees Award and Incentive Awards exceeds \$6,510,000, the payment to each Settlement Class Member who submitted a valid Claim Form will be proportionately reduced until the total amount paid under the Settlement equals \$6,510,000. If the total dollar value of valid Claim Forms plus Notice and Administrative Costs, Attorneys' Fees Award and Incentive Awards is less than \$6,510,000, the payment to each Settlement Class Member who submitted a valid Claim Form with proof of purchase will increase (up to triple the amount of the original claim). If, after increasing these payments, the total payment amount is still less than \$6,510,000, the payment to each Settlement Class Member who submitted a valid Claim Form without proof of purchase will increase (up to double the amount of the original claim).

If, after increasing the payment for all valid claims, the total payment amount is still less than \$6,510,000, the balance will be distributed on a *pro rata* basis (divided proportionately among the number of Claim Forms submitted and the dollar amount of those claims) to all Settlement Class Members who submitted a timely and valid Claim Form. In addition to payments, Schiff has agreed to certain changes to the marketing and packaging for the Covered Products

Class Members who submitted a timely and valid Claim Form. In addition to payments, Schift has agreed to certain changes to the marketing and packaging for the Covered Products.

HOW DO YOU GET A PAYMENT? You must submit a timely and valid Claim Form by September 24, 2015. Complete and submit your Claim Form online at www. SchiffGlucosamineSettlement.com, download a Claim Form from the website or get one by calling 1-877-219-9780, or by writing to Schiff Nutrition International Consumer Settlement Administration, P.O. Box 43352, Providence, RI 02940-3352.

YOUR OTHER OPTIONS? If you do nothing, your rights will be affected and you will not get a settlement payment. If you do not want to be legally bound by the Settlement, you must exclude yourself form it. The deadling to schulde yourself is Sentember 24, 2015. Unless you

YOUR OTHER OPTIONS? If you do nothing, your rights will be affected and you will not get a settlement payment. If you do not want to be legally bound by the Settlement, you must exclude yourself from it. The deadline to exclude yourself is September 24, 2015. Unless you exclude yourself, you will not be able to sue or continue to sue Schiff for any claim resolved by this Settlement or released in the Second Amended Settlement Agreement and General Release. If you exclude yourself, you cannot get a payment from the Settlement. If you stay in the Settlement (i.e., don't exclude yourself), you may object to it by September 24, 2015. More information is in the detailed notice and Second Amended Settlement Agreement available at www.SchiffGlucosamineSettlement.com or by writing to Schiff Nutrition International Consumer Settlement Administration, P.O. Box 43352, Providence, RI 02940-3352.

THE COURT'S FAIRNESS HEARING. The U.S. District Court for the Southern District of California, located the Edward J. Schwartz Federal Courthouse, 221 W. Broadway, San Diego, California 92101 will hold a hearing in this case (*Lerma v. Schiff Nutrition International, Inc., et al.*, No. 3:11-cv-01056-CAB-MDD), on October 30, 2015 at 10 a.m. to consider whether to approve: (1) the proposed Settlement; (2) Settlement Class Counsel's request for attorneys' fees of up to 33% of the \$6,510,000 Settlement Fund as well as costs; and (3) a payment of up to \$10,000 from the Settlement Fund for the Named Plaintiffs (Luis Lerma, Nick Pearson and Muriel Jayson). You may appear at the hearing or hire an attorney, at your expense, to appear or speak for you at the hearing, but you do not have to.

at your expense, to appear or speak for you at the hearing, but you do not have to.

WANT MORE INFORMATION? Go to the website, call or write to Schiff Nutrition
International Consumer Settlement Administration, P.O. Box 43352, Providence, RI 029403352

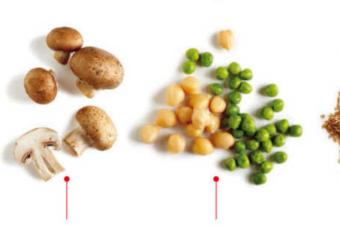
evaporates, stirring occasionally. Cool 5 minutes. Add mushroom mixture to chopped bell peppers.

- 6. Place chickpeas and peas in food processor (do not clean from mushrooms); pulse 10 times or until finely chopped. Add pea mixture to mushroom mixture. Add 2 tablespoons basil, ½ teaspoon salt, walnuts, and next 7 ingredients (through egg); gently mix until well combined. Spoon mixture into a 9 x 5–inch loaf pan coated with cooking spray. Bake at 375° for 40 minutes or until a thermometer registers 155°. Let stand 10 minutes. Cut loaf into 6 slices. Sprinkle with remaining 2 tablespoons basil.

 7. Combine remaining 4 bell pepper
- halves, vinegar, and remaining ½ teaspoon salt in a blender or food processor; process until smooth. Serve sauce with meat loaf.

SERVES 6 (serving size: 1 slice and about 2^{1/2} tablespoons sauce)
CALORIES 338; FAT 18.4g (sat 5.3g, mono 5.8g, poly 5.6g);
PROTEIN 21g; CARB 24g; FIBER 6g; CHOL 68mg; IRON
3mg; SODIUM 563mg; CALC 223mg

PACK THE PAN WITH PLANTS



MIX IN MUSHROOMS

Classic meat loaf calls for 3 pounds of meat. That's a double portion of meat per slice. We slim down to ½ pound and add bulk with mushrooms. Per pound, they have just 100 calories, versus 964 per pound of ground meat.

BULK UP WITH BEANS AND PEAS

Buttery chickpeas and creamy green peas replace some of the ground meat, adding 2g of filling fiber, 3g of plant protein, and only 45 nutrient-dense calories to each slice.

TOSS IN SOME CRUNCH

Avoid the mush of classic meat loaf with nuts and whole grains. Bulgur replaces dry breadcrumbs, and walnuts add tasty crunch. Bonus: Together these add 2g fiber and 2g protein per slice.





healthyllaots + Beauty Habit: Herbal Help p. 82 + Diet Habit: School Lunch Surprise p. 89

Take good care of your TEETH AND GUMS

Eating right and a little daily maintenance nourish a healthy smile that does your whole body good.

BY ALISON ASHTON

very time you smile, you reveal much more than your pearly whites and a friendly mood. When periodontist Sally Cram, DDS, PC, examines a patient's mouth, she discovers all kinds of clues to his or her well-being. "We say your mouth is the window to your overall health," says Cram, a spokeswoman for the American Dental Association. "It can show signs of a lot of different things, from nutritional deficiencies to systemic disease." Pale gums might signal an iron deficiency. Chronic bleeding gums can be a sign of unhealthy blood sugar and undiagnosed diabetes.

More than half of all adults over the age of 30 have some form of gum disease, and that puts their overall health at risk. "When a periodontal infection gets into the bone around your teeth, it can enter your bloodstream," says Cram. "From there, it travels to other parts of your body and can contribute to medical problems."

"There's a very clear association between poor oral health and heart disease," says Keith Roach, MD, chief medical officer of the health website Sharecare and associate professor of



The DENTAL HABIT

Your mouth is the window to your overall health.

clinical medicine at Weill Cornell Medical College. A new study in *Trends in Endocrinology & Metabolism* suggests the culprit is body-wide inflammation caused by oral bacteria. Other studies reveal an association between oral inflammation and Alzheimer's, Parkinson's, and rheumatoid arthritis. An expectant mom's own poor oral health may lead to low birth weight and premature birth. There's even evidence linking periodontal disease to human papillomavirus (HPV) and rising rates of

head and neck cancers. "That's why you need to be routinely checked for oral cancer, even if you don't have a traditional risk factor, like drinking or smoking," says Roach.

Other medical conditions boost your risk for oral health problems. Obesity may raise your risk for periodontal disease. Fluctuating blood sugar from diabetes encourages gum disease. But these three simple steps can help keep your smile—and the rest of your body—in good shape.

3 Steps to a Healthy Smile

When it comes to oral health care, the basics still apply.

BRUSH TWICE DAILY

for two minutes each time. Ask your dentist which toothbrush is best for you. Some people, such as kids and elderly folks, may need the boost of an electric model. And change your toothbrush every two to three months. "When the bristles aren't straight anymore, the brush isn't doing the job as well," Cram savs. Also, use a fluoride toothpaste with the American Dental Association seal of acceptance to ensure it's safe and effective.



2 FLOSS ONCE DAILY

It helps remove plaque from areas between teeth that your toothbrush can't reach. Any type of floss you prefer—waxed, unwaxed, or extra-thick—will do the job.

SEE THE DENTIST TWICE A YEAR

Anyone who is prone to cavities, has a history of periodontal disease, has a family history of heart disease or stroke, or has diabetes may need to see the dentist more often, says Cram.

A WORD ABOUT GERD

If you have gastroesophageal reflux disease (also known as GERD or acid reflux), here's another reason to control symptoms: More than 30% of adults with GERD have tooth erosion because the disease exposes teeth to harmful acid.

WATCH OUT FOR THESE

Sure, you know sugary soft drinks, hard candy, and other sweet treats are bad news for vour teeth. But even some good-for-you foods can take a toll on your smile. These include citrus fruit and juice. which is both good news and bad news for oral health: They're rich in vitamin C, which nourishes collagen for healthy gums, but the acidity can wear away tooth enamel. Sticky carbs, like dried fruit, that cling to teeth also give plaque a foothold.

But you don't have to avoid these foods altogether. "It's about moderation and how you eat these things," says Kristi King, MPH, RDN, a dietitian at Texas Children's Hospital, Pair them with something nonacidic, such as dairy, to neutralize the acid in your mouth. Also, rinse your mouth out with water or chew sugarless gum after eating. But don't brush your teeth immediately after consuming acidic food and drinks. The acid softens tooth enamel, leaving it vulnerable to damage even from a soft-bristle toothbrush.



Web exclusive: Foods that encourage a healthy smile at cookinglight.com/healthysmile





Bob's Red Mill Orca Beans

These beautiful heritage beans, grown in the Pacific Northwest specifically for Bob's Red Mill, taste as striking as they look. They're also packed with fiber and iron, making them a wholesome and delicious addition to fall soups and sides.

BobsRedMill.com/orca-beans.html



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With its clean, light taste, GrapeOla® grape seed oil is ideal for everything from salad dressings to stir-fries and baking. And unlike other oils, GrapeOla's high smoke point allows it to be used for frying without smoking, burning or splattering. grapeola.com



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Shake Up the Snackus Quo

SunChips® snacks are the square, wavy, tasty, 100% whole grain-y snack that take afternoon snacking from ho hum to oh yeah. So wave goodbye to ordinary—and say hello to a snack experience unlike anything else under the sun.

SunChips.com



NEW LUNCHABLES with 100% Juice Kabobbles!

LUNCHABLES with 100% Juice includes CAPRI SUN 100% Juice. It's made with real fruit, so moms love it. And because it's delicious and fun to drink, kids love it too. Lunchables.com

The BEAUTY **HABIT**

Pick an Herbal Remedy

Herbs amp up flavor in our food, and they're beneficial in beauty products, too. By CINDY HATCHER



PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: CLAIRE SPOLLEN

OWN THE MOMENT energy



With a revitalizing blend of sparkling fruit juices, b vitamins, and ginseng, Starbucks Refreshers® beverages have all the goodness you need to get the most out of today.

SIP IN GOOD. GIVE OUT GREAT.

Refreshers'

The BEAUTY **HABIT**

Peppermint and rosemary stimulate skin and increase circulation.



All Smiles

Taking care of your teeth is easy with these drugstore gems.



Crest 3D White Supreme Whitestrips (\$65, 3dwhite.com) Provide more coverage

than other strips and yield dentistquality whitening.



A RINSE

Hello Mouthwash

(\$5.50, hello-products .com) This vegan, cruelty-free rinse comes in three fun flavors (shown here: Supermint) and lacks artificial dyes, sweeteners, and alcohol.



REACH Complete Care Curve Toothbrush (\$6.

reachtoothbrush.com)
This brush's bristles
clean at three
different angles to
better reach your
mouth's nooks
and crannies.



Colgate Total Daily Repair Toothpaste

(\$2.50, colgatetotal.com)
Repair early damage
and remineralize
weakened enamel,
all while whitening
teeth and
freshening breath.

Wholesome, all-natural, versatile and delicious, honey is available in an array of flavor profiles - from mild to bold. With all the buzz about honey, it's no wonder Firmenich named it Flavor of the Year.

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The BEAUTY **HABIT**

What's in Your Bag, BREWSTER?

This busy mom favors products that work when she's on the go.





WHAT I LOVE THIS MONTH

Stila Perfectly Poreless Putty Perfector (\$39, stilacosmetics.com) Powders with

"bouncy" textures are all the rage these days for their cream-powder hybrid feel. This one is silky smooth, comes in five shades, and lets you tap on to build coverage as needed.



WHAT ABOUT YOU?

Cindy Hatcher is Cooking Light's beauty editor. Tell her what products you're loving right now at cindy_hatcher@ timeinc.com. We'll feature your top picks on our blog.

The DIET HABIT

Lunch Box Revelations

How does your child's brown-bag lunch stack up against school lunches?



have a vivid memory of my first and last school cafeteria lunch. I don't remember what the tragedy on my plate looked like, but I do remember what it smelled like: canned meat and despair. Instantly, I became a lunch box extremist; I never bought lunch again, and my kids grew up eating brown-bag lunches only. I assumed that homemade fare had to be superior—in nutrition, smell, and appearance—to hot lunch offerings.

Fortunately, times and school lunches have changed. Alisha Farris, PhD, RD, a child nutrition extension specialist at Virginia Tech, also felt a lack of enthusiasm for cafeteria meals. "Before we did the study, I was packing a lot of lunches," she admits. In that study, published in the *Journal of*

Nutrition Education and Behavior, Farris and her colleagues discovered that, in fact, school lunches earned higher marks than packed versions in almost every nutritional category. Cafeteria lunches delivered more protein, calcium, fiber, fruits, and vegetables than meals from home. And packed lunch boxes offered more sugar, unhealthy fats, and calories, and were much more likely to include high-sugar drinks and high-fat, salty snacks such as chips and crackers.

Farris, clearly a more level-headed mom than I, did not become an all-school-lunches-all-the-time extremist as a result of her research. Instead, she now offers her kids a mix of home and school meals. See the box at right for her tips for packing smarter lunch options. –JENNIFER DRAWBRIDGE

A BETTER LUNCH In three steps

Diversity is key

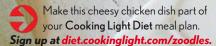
Farris recommends taking a page from the new USDA school lunch guidelines. "When you're packing lunch, include a protein, a low-fat dairy food such as skim milk or yogurt, whole grains, a fruit, and a vegetable, and focus on variety—lots of different-colored vegetables."

Patrol portions

Pay attention to portion size: "Little kids don't need adult portions." If you're not sure how to downsize meals for your kids, Farris recommends visiting choosemyplate.gov for age-appropriate recommendations.

Plan ahead

Finally, to ensure kids actually eat their healthy lunches, Farris urges parents to involve their children in meal planning. "My kids and I sit down and look at the week's school lunch menu, and the kids decide on the days they'd like to buy lunch. And on those days when they bring lunch, I ask my kids, 'Would you like the baby carrots or the sliced cucumbers?' I give them autonomy in choosing what they'd like in their lunches, and that makes it more likely that they'll eat them. There are studies that show that when kids are allowed to choose their foods, they are more likely to eat those foods."





CHICKEN PARMESAN OVER ZUCCHINI NOODLES

Hands-on: 25 min. Total: 1 hr. 15 min.

A julienne peeler creates lovely "zoodles," but may we suggest a spiralizer? It works like a pencil sharpener, turning veggies into noodles (look for them at kitchen stores and amazon.com).

- 2 tablespoons olive oil, divided
- 1 tablespoon chopped fresh thyme
- 6 garlic cloves, thinly sliced and divided
- 1 shallot, thinly sliced
- pound heirloom tomatoes, chopped
- 1/2 cup dry white wine
- 1/2 teaspoon kosher salt, divided
- teaspoon black pepper

- 3 tablespoons 2% reducedfat Greek yogurt
- 1 ounce grated Parmesan cheese (about 1/4 cup), divided
- 4 (4-ounce) skinless, boneless chicken breast cutlets
- 1/2 cup whole-wheat panko
- 1 teaspoon garlic powder Cooking spray
- 4 medium zucchini
- 2 ounces fresh mozzarella cheese, very thinly sliced
- 1/2 cup torn basil leaves, divided
- 1. Preheat oven to 425°.
- 2. Heat 1 tablespoon oil in a skillet over medium heat. Add thyme, 4 garlic cloves, and shallot; cook 2 minutes. Add tomatoes, wine, \frac{1}{4} teaspoon salt, and pepper; cook 8 minutes or until liquid is reduced by half.

3. Combine yogurt and Parmesan; spread over both sides of cutlets. Combine panko and garlic powder. Dredge cutlets in panko mixture. Place cutlets on a wire rack coated with cooking spray. Place rack on a baking sheet. Bake at 425° for 12

4. Using a julienne peeler, peel zucchini lengthwise into strips, stopping at the inside part containing the seeds; discard seeds.

minutes or until done.

5. Preheat broiler to high. Top each cutlet with 2 tablespoons sauce; top sauce evenly with mozzarella. Broil 2 minutes or until cheese is bubbly.

6. Heat a large nonstick skillet over medium-high heat. Add remaining 1 tablespoon oil to pan; swirl to coat. Add remaining

> 2 garlic cloves; cook 1 minute. Add zucchini: cook 2 minutes. Remove from heat. Toss with remaining sauce, remaining

½ teaspoon salt, and half of basil.

7. Arrange ³/₄ cup zucchini noodles on each of 4 plates. Top each serving with 1 chicken portion; sprinkle servings evenly with remaining half of basil.

SERVES 4

Cut carbs and

calories in half with

portion-savvv

chicken cutlets and

fresh zucchini

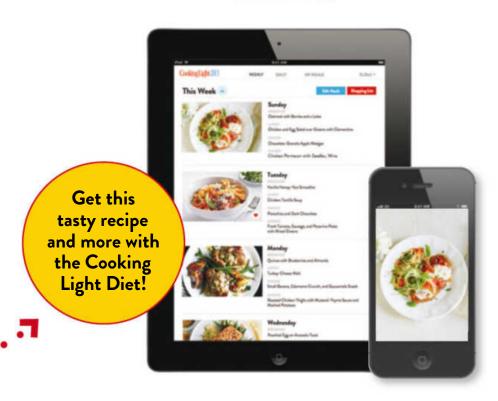
noodles.

CALORIES 400; FAT 16.6g (sat 5.1g, mono 6.5g, poly 1.6g); PROTEIN 36g; CARB 23a: FIBER 5a: CHOL 91ma: IRON 3ma: SODIUM 529mg; CALC 163mg

-Recipe by Rebecca Longshore

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.

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Cooking Light DIET

^{*} Members following the Cooking Light Diet, on average, lose more than half a pound per week. © 2015 Time Inc. COOKING LIGHT is a trademark of Time Inc. Lifestyle Group, registered in the U.S. and other countries.



ZUCCHINI AND BELL PEPPER RELISH

Hands-on: 35 min. Total: 2 hr. 45 min. Keep chilled for up to 1 month.

- 5 cups shredded zucchini (about 2 pounds)
- 1 cup finely chopped sweet onion
- 1 cup finely chopped red bell pepper
- 1 cup finely chopped yellow bell pepper
- 1/4 cup kosher salt
- 2 tablespoons finely chopped seeded serrano chile
- 4 cups water
- 2¹/₄ cups cider vinegar
 - 1 cup sugar
 - 2 teaspoons celery seeds
 - 2 teaspoons mustard seeds
 - 1 teaspoon turmeric
- 1. Combine first 6 ingredients in a large bowl; toss to combine. Stir in 4 cups water; refrigerate 2 hours. Remove zucchini mixture from refrigerator; drain. Rinse and drain well.
- 2. Place zucchini mixture in a large skillet. Stir in vinegar and remaining

Cook 15 minutes or until liquid almost evaporates, stirring occasionally. Remove zucchini mixture from pan; cool completely, and refrigerate.

SERVES 20 (serving size: about 3 tablespoons)

CALORIES 63; FAT 0.4g (sat 0.1g, mono 0.1g, poly 0.2g); PROTEIN 1g; CARB 14g; FIBER 1g; CHOL Omg; IRON Omg; SODIUM 102mg; CALC 18mg

SWEET AND SOUR PICKLED GREEN BEANS

Hands-on: 25 min. Total: 26 hr. Refrigerate up to 1 month; pack in small jars, and give as gifts.

- 4 quarts water
- 1 tablespoon kosher salt
- 2 pounds trimmed green beans
- 1 cup sugar
- $3\frac{1}{2}$ cups rice vinegar
 - 3 tablespoons mustard seeds
 - 8 garlic cloves, peeled

- 8 red Fresno chiles, seeded and guartered lengthwise
- 4 bay leaves
- 3 fresh dill sprigs
- 1. Bring 4 quarts water and salt to a boil in a large saucepan. Add beans; cook 3 minutes or until crisp-tender. Drain and plunge beans into ice water: drain well.
- **2.** Combine sugar and remaining ingredients in a medium saucepan. Bring to a boil; cook 5 minutes. Combine beans and vinegar mixture in a large bowl. If necessary, place a heavy plate on beans to keep them submerged. Cool to room temperature. Refrigerate 24 hours before serving.

SERVES 20 (serving size: about ½ cup) CALORIES 33; FAT 0.2g (sat 0g, mono 0.1g, poly 0.1g); PROTEIN 1g; CARB 8g; FIBER 1g; CHOL Omg; IRON 1mg; SODIUM 75mg; CALC 20mg

Work these

tangy beans into

salads, dunk into

Bloody Marys, or

serve as a side for

grilled meats.

TOMATO-GINGER JAM

Hands-on: 40 min. Total: 1 hr. 30 min. Refrigerate for up to 2 months.

- $\frac{1}{2}$ cup sugar
- 2 teaspoons kosher salt
- $5\frac{1}{2}$ pounds ripe chopped, seeded red heirloom tomatoes
 - 1/4 cup cider vinegar
 - 3 tablespoons jarred pureed ginger
 - 1 teaspoon minced garlic
 - $\frac{1}{2}$ teaspoon freshly ground black pepper
- 1. Combine first 3 ingredients in a large saucepan; let stand 10 minutes. Add remaining ingredients to pan; toss to combine. Bring to a boil over medium-high heat. Cook 30 minutes, scraping bottom of pan and stirring occasionally. Reduce heat to medium-low; cook until very thick and reduced to 3 cups (about 25 minutes), scraping bottom of pan and stirring frequently. Remove pan from heat, and cool to room temperature.

SERVES 20 (serving size: about 2½ tablespoons)



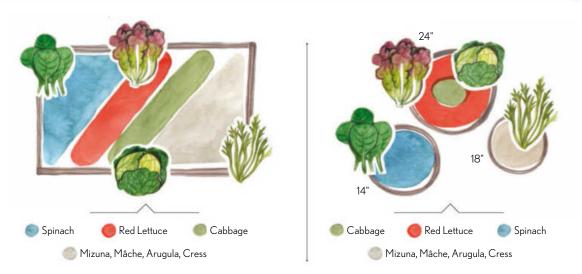
Garden Designs for Fall

Transplant seedlings now for fall crops you'll harvest within the next few months: greens (collards, mustard), broccoli, spinach, bok choy, Swiss chard, lettuce, carrots, or beets. Visit cookinglight .com/garden for these and additional fall-ready designs.



Plant these cole crops together, as they all love cool weather and high-nitrogen fertilizer. Maximize space: Sow lettuce seeds around young transplants, and harvest them within 40 days, before the broccoli or cauliflower grows taller.





By sowing arugula, cress, mizuna, and similar greens at two-week intervals, you'll have abundant fresh salads throughout fall. Spinach and cabbage will flourish as temperatures cool off.



MEET OUR GARDENER Mary Beth Shaddix is a gardener and writer based near Birmingham, Alabama. She plans and oversees the Cooking Light Garden and contributed to *Pick Fresh*, our cookbook and garden guide. Reach her at marybethshaddix.com or @mbshaddix on Instagram and Twitter.

The street of th

YOUR WEEKNIGHT GAME PLAN

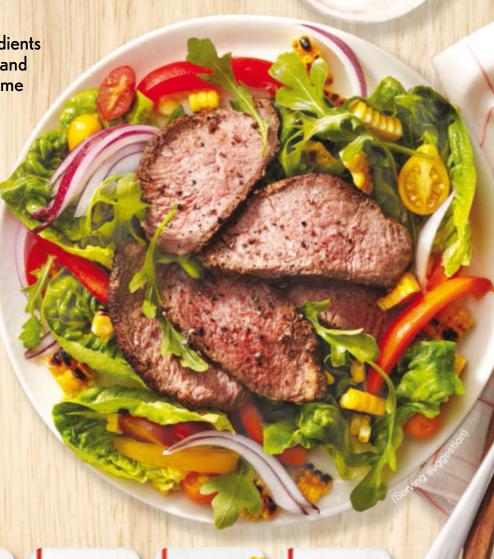
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Cook like a genius as Keith Schroeder reveals the science behind his art. Cook like a genius as Keith Schroeder reveals the science behind his art. Cook like a genius as Keith Schroeder reveals the science behind his art. Cook like a genius as Keith Schroeder reveals the science behind his art. Cook like a genius as Keith Schroeder reveals the science behind his art. Cook like a genius as Keith Schroeder reveals the science behind his art.



Toasted Sandwiches

andwich night can be the busy cook's savior, but only if the sandwiches are *good*—warm, toasty, and above all, fun. This type of fast, casual dinner invites some departure-from-the-norm creative license, and this recipe should certainly inspire you to play, play, play with your food.

It's an unusual but irresistible combo of delicious things: peanut butter, banana, mango, and (what's that?) jalapeño and Cotija cheese.

Grapeseed oil is my preferred sandwich-toasting oil because of its forgiving smoke point and neutral flavor, allowing whatever you're squeezing between the bread more room to shine. More importantly, it also contains no water (unlike butter), so sandwiches cook up crispier. Be patient and let medium-low heat do the work in the pan. This method offers time to warm the fillings while allowing the exterior to crisp evenly. Share your results with me on Instagram @mad_delicious.



Keith's first Cooking Light cookbook, Mad Delicious, is a 2015 James Beard Foundation Book Award winner for Focus on Health.



Keith's Recipe Breakdown

GRIDDLED BANANA, MANGO, AND JALAPEÑO SANDWICHES

Hands-on: 20 min. Total: 20 min.

Be sure to coarsely mash the banana; you want to keep some texture there. Serving to kids with sensitive palates? Leave off the jalapeño; the sandwiches will still be great. For a killer brunch, serve with an over-easy egg.

Ingredient	Amount	Why
Grapeseed oil (or substitute canola oil)	2 teaspoons	Butter offers up solids and water, which isn't as foolproof for toasted sandwiches. All-fat grapeseed oil will make this look more professional and will yield a crisper result.
Dense multigrain bread (best quality), thinly sliced	4 slices (4 ounces total)	Because a tight-crumbed bread won't buckle under the heft of the fillings.
Peanut butter, natural	2 tablespoons	The all-natural stuff is more evocative of actual peanuts than the other stuff.
Banana (ripe, coarsely fork- smashed) or very ripe plantain	1 small (½ cup)	Perfumy and jammy when warm and mashed, banana (or plantain) adds body, roundness, and substance.
Mango, very ripe, peeled and thinly sliced	4 ounces	Mango provides brightness and acidity against the banana. Combine these two ingredients more often.
Jalapeño pepper, sliced paper thin	1large	A slight tilt toward savory, with vegetal notes and a pleasant burn.
Cotija or feta cheese, finely crumbled	3 tablespoons	A clean-tasting fresh cheese. Adds textural "squeak" and tempers sweetness.
Kosher salt	1/4 teaspoon	Elevates and "separates" fruit flavors. Even this little does that.
Powdered sugar	1½ teaspoons	For dusting the finished sandwiches.
Ground red pepper	1/8 teaspoon	To add complexity to the added heat—and for visual fun combined with the powdered sugar.
SERVES 2 (serving size: 1 sandwic CALORIES 411; FAT 17.8g (sat 3 IRON 2mg; SODIUM 673mg; C	.5g, mono 5.5g, poly 7g)	PROTEIN 13g; CARB 54g; FIBER 7g; CHOL 11mg;
The second second		

100 COOKING LIGHT SEPTEMBER 2015

Follow These Steps:

- >> Heat a large nonstick skillet over medium-low heat.
- » Brush grapeseed oil on 1 side of each bread slice. This will be the pan-contact side. Lay out all 4 bread slices, oil side down, on foil or parchment paper (as a work surface).
- » Spread 1 tablespoon peanut butter evenly onto each of 2 bread slices. Evenly distribute banana over the peanut buttered bread. Shingle mango evenly over banana. Scatter jalapeño over mango. Sprinkle evenly with cheese and salt. Close the sandwiches. Press gently to adhere all the ingredients.
- >> Griddle the sandwiches for 4 to 6 minutes on each side, pressing gently to ensure that all the surface area of the bread is in contact with the pan. Be patient, and let it cook without peeking (you'll get a more even toast that way).
- » Combine powdered sugar and red pepper. Cut sandwiches in half, and dust with powdered sugar mixture.

VARIATION

GRIDDLED CHICKEN AND MANGO SANDWICHES

Skip the peanut butter and banana and instead go with 3 ounces shredded skinless, boneless dark meat rotisserie chicken, warmed and tossed with ½ cup arugula, 2 tablespoons thinly sliced shallot, and 1 tablespoon lime juice. Go for a bolder 50/50 blend of powdered sugar to finely ground black pepper (1½ teaspoons each) for finishing.

SERVES 2 (serving size: 1 sandwich)
CALORIES 357; FAT 14.3g (sat 3.6g, mono
3.7g, poly 5.3g); PROTEIN 20g; CARB 41g;
FIBER 5g; CHOL 67mg; IRON 2mg;
SODIUM 637mg; CALC 350mg



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TIMELESS TASTE

A Brooklyn family reimagines a traditional household hub.

BY VALERIE RAINS

iven the opportunity to conjure a dream kitchen from scratch, plenty of passionate home cooks and pros alike might be tempted to construct a temple of modern efficiency. Sarah Karnasiewicz, digital food editor of sister publication *Real Simple*, had something decidedly different in mind when she moved into the late-19th-century Brooklyn, New York, town house she shares with her husband, Joe Tuzzo, and their 3-year-old son, Sam. "I wanted it to feel true to the house in the way that kitchens would have back in the day," she says. "It's not that I wanted to do a historical re-creation, but I wanted something that felt like the rest of the house."



by a pair of double pocket doors. "I really wanted these two rooms to feel in concert with one another."

Since the renovation, the family's use of the space has been just as fluid as its design. "We spend almost all of our time as a family in the kitchen," Sarah says. "We have a long table with six chairs around it, and it's the only table we have. If we have people over for dinner, this is where we sit." And it's here that Sam often keeps Sarah company as she develops recipes from home one day each week. "Despite my best efforts, my kitchen has often

doubled as a toy truck parking lot," she says. "But I love having a big table in the kitchen that people can come and go from and have a hub." That includes Sarah's brother, Will, who lives in the building's downstairs rental unit and often joins Sarah, Joe, and Sam for morning coffee (and milk). "It's amazing to have a family home, and to have this time when my son is young to have us all here together," Sarah says.



KEY FEATURES

PLAYING TAPS

Sarah opted for a 10-inch-deep undermount sink in white fireclay porcelain instead of the apron-front farmhouse style she'd initially selected. Then, for a contrast to the room's more traditional elements, she paired it with a modern, matte black faucet.

COMMAND CENTRAL
Sarah filled a room off the back of the kitchen with three walls of ceiling-height reclaimed-wood shelves; a shelf for her desk; and an interior-wall pegboard for pots and pans. "It's the smallest room in the house and the one I spend the most time in," she says.

HOT PROPERTY Sarah wished for a 48-inch stove

with a double oven but opted for a smaller DCS model. Still, having (at least) six burners was nonnegotiable. "That lets me use my stove as a landing pad for things like my cast-iron pan, teakettle, and a 6-quart Dutch oven that are out all the time," Sarah says.

OPEN-DOOR POLICY
Access to the outdoors thrills
Sarah, who grew up in rural
northwestern Connecticut. "Being able
to move from the inside to the outside
and to have my son come in and out and
have that freedom makes me so happy—
it really feels like a luxury," she says.







✓ AGING GRACEFULLY

The most fitting finishes for a historic home? Those that wear elegantly and start out with natural patina, as do Sarah's honed pietra del cardosa countertops and glazed-brick tiles, her biggest design splurge. "I love that they are kind of a cross between exposed brick and subway tiles," she says. "They have this classic style—utilitarian, but with a little more rustic edge."



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for lunches and for leftovers,
even if the microwave
pulls us apart.







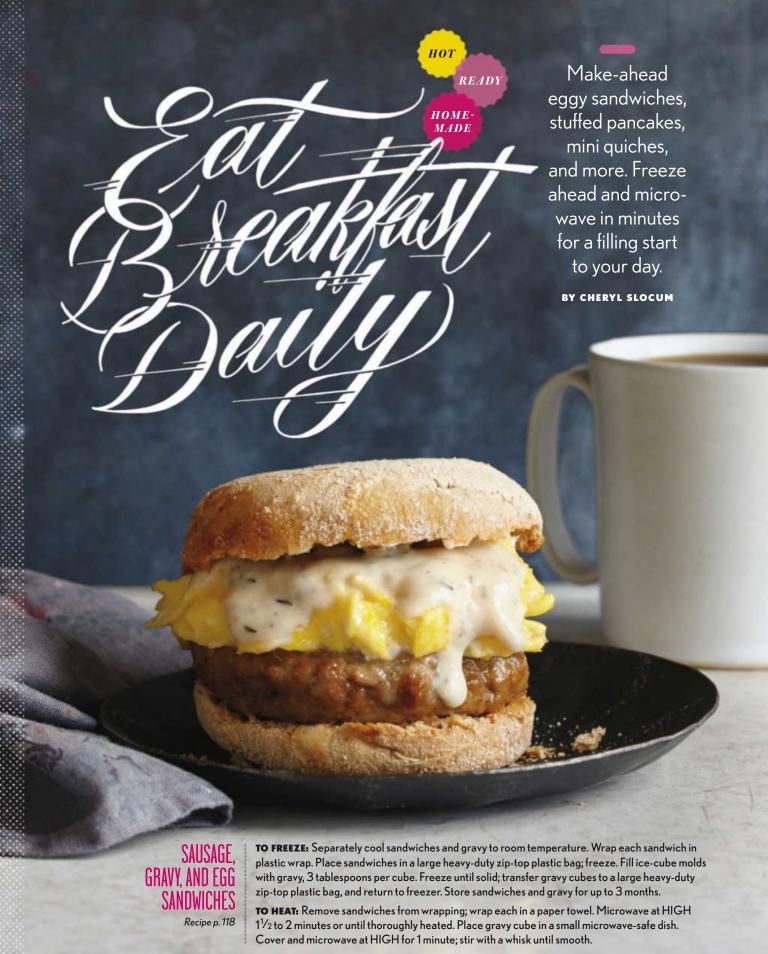
AHEAD **BREAKFASTS**

LUNCHES FOR YOU AND THE KIDS

FANTASTIC SNACK BARS BEST HEALTHY SNACKS TO BUY **RIGHT NOW** p. 135

FAVORITE DINNERS

20-MINUTE SWEETS















SAUSAGE, GRAVY, AND EGG Brfakfast Sandwiches

Hands-on: 32 min. Total: 32 min. This sandwich will rival what you get at the drive-through. Freezing the gravy in ice-cube trays makes portioning easy. For freezing and heating instructions, see page 112.

- 1/2 pound turkey breakfast sausage
- 2 teaspoons canola oil, divided
- 13/4 cups 2% reduced-fat milk
- 5 teaspoons all-purpose flour
- 1 teaspoon chopped thyme
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/8 teaspoon kosher salt

Dash of ground red pepper

- 6 large eggs, lightly beaten
- 6 light multigrain English muffins, split and toasted
- 1. Divide sausage into 6 equal portions; pat each portion into a 3-inch patty (about ¼ inch thick). Heat a large skillet over mediumhigh heat. Add 1 teaspoon oil to pan; swirl to coat. Add patties; cook 2 minutes on each side or until done. Transfer patties to a plate. Reserve drippings in pan.

- 2. Combine milk and next 6 ingredients (through red pepper), stirring with a whisk until smooth. Add mixture to pan; bring to a boil, scraping pan to loosen browned bits. Cook 3 minutes or until thick and bubbly. Remove from heat.

 3. Heat a large nonstick skillet over medium heat.
- 3. Heat a large nonstick skillet over medium heat. Add remaining 1 teaspoon oil to pan; swirl to coat. Add eggs; cook 4 minutes, stirring until curds form.
- **4.** Divide eggs evenly over bottom halves of muffins. Top each with 3 tablespoons gravy. Place 1 sausage patty and top half of muffin on each sandwich.

SERVES 6 (serving size: 1 sandwich)
CALORIES 324; FAT 16.2g (sat 4.6g, mono
5.6g, poly 3.7g); PROTEIN 20g; CARB
32g; FIBER 8g; CHOL 222mg; IRON 2mg;
SODIUM 568mg; CALC 128mg



MAKE-AHEAD SHAKSHUKA

Hands-on: 30 min. Total: 30 min. To make ahead, complete step 1; then follow instructions on page 114. Be sure to pierce the yolks (without breaking them) so they won't burst when microwaved.

- 1 tablespoon olive oil
- 11/2 cups thinly sliced onion
 - 1 cup thinly sliced red bell pepper
 - 1 cup thinly sliced yellow bell pepper
 - 3 garlic cloves, minced
- 1½ cups unsalted crushed tomatoes
- 1/3 cup chopped fresh cilantro
- 2 tablespoons chopped fresh flat-leaf parsley
- 1/2 teaspoon freshly ground black pepper
- 3/4 teaspoon kosher salt

- 2 teaspoons sherry vinegar
- 1 teaspoon paprika Cooking spray
- 6 large eggs
- 1. Heat a large skillet over medium heat. Add oil; swirl to coat. Add onion, bell peppers, and garlic. Cook 10 minutes or until vegetables are very soft, stirring occasionally. Add tomatoes and next 6 ingredients (through paprika); cook 10 minutes, stirring occasionally. Divide mixture evenly among 6 (8-ounce) ramekins coated with cooking spray.
- 2. Working with 1 ramekin at a time, make a slight well in sauce. Crack 1 egg into well; pierce yolk with tip of a knife. Cover loosely with a paper towel. Microwave at HIGH 2½ minutes or until desired degree of doneness.

SERVES 6

CALORIES 181; FAT 7.4g (sat 2g, mono 3.5g, poly 1.3g); PROTEIN 10g; CARB 20g; FIBER 4g; CHOL 186mg; IRON 2mg; SODIUM 337mg; CALC 65mg



HAM AND GRUYÈRE Belgian Waffles With Sautéed Pears

Hands-on: 1 hr. 10 min.
Total: 1 hr. 10 min.
While traditional Belgian waffles are made with yeast, we use beaten egg whites to give these salty-sweet waffles their light, airy texture and crispy exterior. For freezing and heating instructions, see page 113.

- 2 tablespoons plus 2 teaspoons canola oil, divided
- 6 firm pears, such as Anjou, peeled, cored, and cut into ¹/₄-inch-thick slices
- 6 tablespoons water

- 1/3 cup maple syrup
- 5.6 ounces white whole-wheat flour (about 1½ cups)
 - 2 tablespoons cornstarch
 - 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 3 ounces finely chopped lower-sodium Black Forest ham
- 2 ounces finely shredded Gruyère cheese
- 11/2 cups buttermilk
- 3 large eggs, separated Cooking spray
- 1. Heat a large skillet over medium heat. Add 2 teaspoons oil to pan; swirl to coat. Add pears; cook 15 minutes or until soft. Add 6 tablespoons water and syrup; bring to a boil. Cook 2 minutes or until liquid is syrupy. Remove from heat.
- 2. Preheat a Belgian-style waffle iron.
- **3.** Weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine flour and next 4 ingredients (through salt) in a large bowl; stir with a whisk. Add ham and cheese; toss to coat. Add buttermilk, remaining 2 tablespoons oil, and egg yolks, stirring to combine. Place egg whites in a medium bowl. Beat with a mixer at high speed until soft peaks form. Fold egg whites into batter. Spoon about ½ cup batter per 4-inch waffle onto hot waffle iron coated with cooking spray, spreading batter to edges. Cook 7 minutes or until steaming stops. Repeat with remaining batter.

SERVES 8 (serving size: 1 waffle and about $\frac{1}{4}$ cup pears)

CALORIES 364; **FAT** 10.9g (sat 3.2g, mono 4.8g, poly 19g); **PROTEIN** 15g; **CARB** 52g; **FIBER** 6g; **CHOL** 90mg; **IRON** 1.7mg; **SODIUM** 487mg; **CALC** 350mg





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AVOCADO, SPROUT, AND CASHEW SPREAD SANDWICH

Hands-on: 20 min. Total: 20 min.

Cashew spread:

- 1/3 cup cashews, toasted
- 1/4 teaspoon kosher salt
- 1 garlic clove
- 1 tablespoon water
- 1 tablespoon canola mayonnaise

- 2 (1-ounce) slices wholewheat bread, toasted
- 1/4 cup baby radish sprouts
- 3 radishes, very thinly sliced
- 1/4 peeled ripe avocado, sliced
- 1/4 cup arugula leaves
- 1 teaspoon lemon juice
- 1/8 teaspoon black pepper
- **1.** To prepare cashew spread, pulse first 3 ingredients in a mini food processor until coarsely ground. Add 1 tablespoon water and

mayonnaise; process until smooth. Reserve 2 table-spoons cashew spread. To prepare sandwich, spread 1 tablespoon remaining cashew spread over each bread slice; top 1 bread slice with sprouts, radishes, avocado, arugula, juice, pepper, and remaining bread slice. Cut in half diagonally.

SERVES 1 (serving size: 1 sandwich)
CALORIES 356; FAT 19.8g (sat 3.3g, mono 11.6g, poly 3.5g); PROTEIN 12g; CARB 36g; FIBER 7g; CHOL 0mg; IRON 3mg; SODIUM 571mg; CALC 88mg

Spread reserved 2 tablespoons cashew spread over 2 (1-ounce) slices toasted whole-wheat bread (1 tablespoon per slice). Top 1 slice with ½ sliced Fuji apple, 1 teaspoon lemon juice, a dash of black pepper, and remaining bread slice. Cut in half diagonally.

SERVES 1 (serving size: 1 sandwich)
CALORIES 324; FAT 14.4g (sat 2.5g, mono 8.3g, poly 2.8g); PROTEIN 11g; CARB 40g; FIBER 5g; CHOL 0mg; IRON 3mg; SODIUM 563mg; CALC 77mg

Honey-mustard vinaigrette:

- 2 tablespoons canola mayonnaise
- 2 teaspoons Dijon mustard
- 2 teaspoons water
- 1 teaspoon honey
- 1½ teaspoons white wine vinegar

Salad:

Cooking spray

- 1 (6-ounce) skinless, boneless chicken breast half, cut lengthwise into 6 strips
- 1/4 teaspoon freshly ground black pepper
- 1/8 teaspoon kosher salt
- 12 ounces red potatoes (about 4)
- 1 cup green beans, trimmed
- 1 cup mixed salad greens
- 1/2 cup grape tomatoes, halved
- tablespoon pitted kalamata olives, sliced
- 1. To prepare the honey-mustard vinaigrette, combine mayonnaise, Dijon mustard, 2 teaspoons water, and honey in a small bowl, stirring with a whisk. Reserve half of honey-mustard mixture. Add vinegar to remaining half of honey-mustard mixture, stirring with a whisk.
- 2. To prepare salad, heat a grill pan over medium-high heat. Coat pan with cooking spray. Sprinkle chicken with pepper and salt. Add chicken to grill pan; cook 2½ minutes on each side or until done. Cut 3 chicken strips into 1-inch pieces.
- 3. Bring potatoes to a boil in a medium saucepan filled with water. Cook 18 minutes. Add green beans; cook 3 minutes. Drain; rinse

with cold water. Drain. Cut potatoes into wedges. Top salad greens with chopped chicken strips, 2 potatoes, ½ cup green beans, tomatoes, olives, and vinaigrette. CALORIES 403; FAT 8.9g (sat 1.2g, mono 4.8g, poly 2.4g); **PROTEIN** 33g; **CARB** 47g; FIBER 7g; CHOL 72mg; IRON 3mg; SODIUM 567mg; CALC 62mg THE **FOR THE KIDS** Serve reserved half of honeymustard mixture with remaining 3 chicken strips, remaining 2 Takenaka bento potatoes, and remaining 1/2 cup boxes come in fun green beans for dipping. colors and are dishwasher safe. amazon.com, \$30 CALORIES 361; FAT 7g (sat 0.9g, mono 3.3g, poly 2.1g); PROTEIN 31g; CARB 41g; FIBER 5g; CHOL 72mg; IRON 3mg; SODIUM 428mg; CALC 49mg











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PISTACHIOS
CHIA SEEDS

ALMOND BUTTER

GOJI BERRIES

ALMONDS

сосонит

SESAME SEEDS





1. PISTACHIO-APPLE BARS WITH CHIA SEEDS

Hands-on: 15 min. Total: 45 min.

Preheat oven to 350°. Combine 1/3 cup cashew butter, ¹/₃ cup honey, 1 tablespoon olive oil, 1 teaspoon vanilla extract, and $\frac{1}{2}$ teaspoon salt in a microwave-safe bowl. Microwave at HIGH1 minute or until bubbly. Combine 11/4 cups puffed barley cereal, 1 cup old-fashioned rolled oats, 1/4 cup finely chopped dried apple, 1/4 cup chopped sweetened dried cranberries, and ¹/₃ cup chopped dry-roasted pistachios in a medium bowl. Pour cashew butter mixture over barley mixture; toss well to coat. Press into an 11 x 7-inch baking dish coated with cooking spray. Sprinkle with 1 teaspoon black chia seeds, pressing to adhere. Bake at 350° for 10 minutes or until set. Cool completely in dish.

SERVES 14 (serving size: 1 bar)
CALORIES 125; FAT 59g (sat 1g, mono 3.3g, poly 1.2g); PROTEIN 3g;
CARB 17g; FIBER 2g; CHOL 0mg;
IRON 1mg; SODIUM 122mg;
CALC 8mg

2. COCONUT, ALMOND, AND GOJI BARS

Hands-on: 15 min. Total: 45 min.

Preheat oven to 350°. Combine 1/3 cup almond butter, ¹/₃ cup honey, 1 tablespoon olive oil, 1 teaspoon **vanilla extract,** and $\frac{1}{2}$ teaspoon **salt** in a microwave-safe bowl. Microwave at HIGH1 minute or until bubbly. Combine 11/4 cups puffed barley cereal. 1 cup old-fashioned rolled oats, ²/₃ cup dried goji berries, 1/3 cup coarsely chopped toasted almonds, and 1/3 cup flaked, unsweetened coconut in a medium bowl. Pour almond butter mixture over barley mixture; toss well to coat. Press into an 11 x 7-inch baking dish coated with cooking spray. Sprinkle

with 1 tablespoon sesame seeds, pressing to adhere. Bake at 350° for 10 minutes or until set. Cool completely in baking dish.

SERVES 14 (serving size: 1 bar)
CALORIES 146; FAT 7.7g (sat 1.7g, mono 3.7g, poly 1.5g); PROTEIN 4g;
CARB 17g; FIBER 2g; CHOL Omg;
IRON 1mg; SODIUM 115mg;
CALC 38mg

3. PUMPKINSEED, Date. and tahini bars

Hands-on: 15 min. Total: 45 min.

Preheat oven to 350°. Combine 1/3 cup tahini, 1/3 cup brown rice syrup, 1 tablespoon olive oil, 1 teaspoon vanilla extract, and $\frac{1}{2}$ teaspoon salt in a microwave-safe bowl. Microwave at HIGH1 minute or until bubbly. Combine 1¹/₄ cups puffed barley cereal, 1 cup old-fashioned rolled oats, ²/3 cup pre-chopped dates, and ¹/3 cup toasted pumpkinseed kernels in a medium bowl. Pour tahini mixture over barley mixture; toss well to coat. Press into an 11 x 7-inch baking dish coated with cooking spray. Sprinkle with 3 tablespoons toasted uncooked quinoa, pressing to adhere. Bake at 350° for 10 minutes or until set. Cool completely in dish.

SERVES 14 (serving size: 1bar)
CALORIES 149; FAT 6.2g (sat 0.9g, mono 2.5g, poly 2.3g); PROTEIN 4g;
CARB 21g; FIBER 2g; CHOL 0mg;
IRON 1mg; SODIUM 103mg;
CALC 16mg

4. PEANUT BUTTER— Chocolate Bars

Hands-on: 15 min. Total: 45 min.

Preheat oven to 350°. Combine ½3 cup creamy peanut butter, ½3 cup light agave nectar, 1 tablespoon olive oil, 1 teaspoon vanilla extract, and ½2 teaspoon salt in a microwave-safe bowl. Microwave at HIGH1 minute or until bubbly. Combine 1½ cups puffed barley cereal, 1 cup old-fashioned rolled

oats, ²/3 cup dried mixed berries, 1/3 cup dry-roasted salted peanuts, and 1/3 cup mini marshmallows in a medium bowl. Pour peanut butter mixture over barley mixture; toss well to coat. Press into an 11 x 7-inch baking dish coated with cooking spray. Bake at 350° for 10 minutes or until set. Place 2 ounces chopped bittersweet chocolate in a small microwave-safe bowl: microwave at HIGH 30 seconds or until melted, stirring until smooth. Drizzle over bars. Cool completely in dish.

SERVES 14 (serving size: 1 bar)
CALORIES 166; FAT 7.5g (sat 1.8g, mono 3.6g, poly 1.7g); PROTEIN 4g;
CARB 22g; FIBER 2g; CHOL Omg;
IRON 1mg; SODIUM 115mg;
CALC 13mg

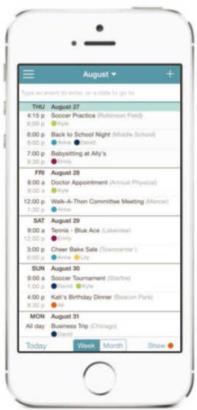
5. SUNFLOWER, Strawberry, and Butterscotch bars

Hands-on: 15 min. Total: 45 min.

Preheat oven to 350°. Combine ¹/₃ cup sunflower seed butter, 1/3 cup light-colored corn syrup, 1 tablespoon olive oil. 1 teaspoon vanilla extract, and $\frac{1}{2}$ teaspoon salt in a microwave-safe bowl. Microwave at HIGH1 minute or until bubbly. Combine $1\frac{1}{4}$ cups puffed barley cereal, 1 cup old-fashioned rolled oats, ²/₃ cup chopped dried strawberries, ¹/₃ cup coarsely chopped pecans, and 3 tablespoons butterscotch morsels in a medium bowl. Pour sunflower seed butter mixture over barley mixture; toss well to coat. Press into an 11 x 7-inch baking dish coated with cooking spray. Sprinkle with 2 tablespoons golden flaxseeds, pressing to adhere. Bake at 350° for 10 minutes. Cool completely in dish.

SERVES 14 (serving size: 1 bar)
CALORIES 153; FAT 8.2g (sat 1.5g, mono 4.4g, poly 1.8g); PROTEIN 3g;
CARB 19g; FIBER 2g; CHOL 0mg;
IRON 1mg; SODIUM 112mg;
CALC 13mg





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Cape Cod Blue Corn Multigrain Dipping Shells

The scooplike shape is perfect for dipping or topping. Chia and brown rice lend depth of flavor and elevate

the whole-grain content of this chip to 19 grams per serving (that's almost half your daily recommended amount).



Harvest Stone Brown Rice, Sesame, and Flax Crackers in Original

These gluten-free crunchers provide 20 grams of whole

grains per serving. They re supercrispy, deliver a good sesame and brown rice flavor, and are sturdy enough to hold up to toppings or dips.



Angie's Boom Chicka Puff in White Cheddar

The airy texture is a great alternative to traditional cheese puffs (and won't leave behind

bright orange fingers) and boasts an ingredient list that includes whole grains like quinoa, sorghum flour, and cornmeal.



Outshine Simply Yogurt Bars in Peach

Big, fresh peach flavor—like peach ice cream on a stick—

with no hint of artificiality. The yogurt tang is a great complement to the bar's supercreamy richness. And 5 grams of protein per bar is a sweet bonus.



Biena Chickpea Snacks in Habanero

With a large serving size that satisfies a crunch craving, these roasted legumes are crisp without

making you worry about a trip to the dentist, and they have just enough sweet to balance out the habanero heat.



Nature Valley Nut Crisp Bar in Salted Caramel Peanut

Tastes like fresh sunflower seeds with just the right texture and a nice sweet-salty balance—delivers on the caramel flavor with only 6 grams of sugar per bar.

Unreal Milk Chocolate Crispy Quinoa Peanut Butter Cups

You had us at "peanut butter cup," but the addition of quinoa lends a delicate crunch, giving this old-fashioned flavor profile a hip twist.

Post Great Grains The Bar Undone Granola Snack Mix

This perfect mix of nuts, grains, flax, chia, roasted chickpeas, and dried cranberries offers 4 grams of fiber and 9 grams of protein per pouch. Try it as a topper for oatmeal or yogurt.

Planters Sea Salt & Vinegar Peanuts

This versatile nut mimics the flavor of the classic potato chip combo, easily transitioning from snacking hour to happy hour. Or toss over a

salad for lunchtime crunch. There's a nice tang here, with a hint of salt—but not so much that it covers up the flavor of a good roasted peanut underneath.

Fiber One Chocolate Chip Crunchy Cookie

A healthier alternative to your typical store-bought cookie—it's made with whole-wheat flour and provides 5 grams of fiber per serving. The crunchy texture begs to be dunked in a glass of ice-cold milk.



Annie Chun's Gochujang Seaweed Crisps

Funky Asian flavor (think of gochujang as a savory miso-like condiment) with lingering heat wrapped in crisp, crunchy texture. If you wanted to eat the entire bag, it's still only 160 calories.



Halo Top Creamery Mint Chip Ice Cream

240 calories for the entire pint we still can't believe it! The texture lands somewhere between frozen custard and old-school ice milk. The natural mint flavor enhances the treat's milky sweetness.



Kerrygold Soft & Creamy Dubliner Cheese Wedges

Oh-so-very creamy and rich, with a mildly nutty flavor for only 45 calories per wedge. Try it spread on a sandwich, stirred into a pot of whole grains, or as a dip for veggies or fruit.



Michele's Apple Quinoa Granola

Crispy clusters of toasty oatand quinoa-flecked granola—one of the better-textured brands out there, with true apple flavor and good nut distribution. Only 4 grams of sugar per serving.



Sargento Balanced Breaks

The combo of ingredients hits salty, sweet, and savory notes and lets you build your own protein-packed snack (or toss it over a bed of spinach for a quick salad meal).

Kite Hill Cream Cheese Style Spread

This dairy-free alternative is made with almonds and contains zero grams of sat fat. The almond flavor is subtle, and testers liked the plain and chive versions equally.

Tribe Swirl Fiery Sriracha Hummus

Sriracha is such a big trend, but this product really delivers on the condiment's promise authentic warm heat in a wonderfully creamy hummus base.

Noosa Pumpkin Yoghurt

In the deluge of pumpkinflavored products on the market this time of year, it's easy to enter the ranks of the pumpkin-averse. Not so with this decadently creamy yogurt that keeps portion size in check.

Evolution Fresh Emerald Greens Cold-Pressed Juice

First you taste refreshing cucumbers; then it's tangy and lightly sweet on the finish. Delivers a dose of potassium (18% of your daily needs) on par with coconut water.



Sneaky Chef No-Nut Butter Grab & Go

Nut allergies? This creamy golden pea spread mimics nut butter with big-time roasty-nutty flavor but none of the allergens. The individual serving cups make it ideal for lunch boxes.

Welch's Apple Orchard Medley Fruit Snacks

The first ingredient is fruit juice, so we instantly approved. Then we tasted: True apple flavor without being too sweet or too tart. Provides 100% of your daily vitamin C in just 80 calories.

Smucker's Fruit-Fulls in Apple Cobbler with Oats

It was hard to find a pouched snack that satisfied our adult panel, but this one did the trick. It's a nice twist on traditional applesauce with an added whole-grain and fiber benefit.

Bolthouse Farms Veggie Snackers in Carrot Meets Ranch

Our panel fell in love with this fun snack (you tear open the corner and shake ranch seasoning over the carrots). The flavor is fresh, giving the carrots a zesty quality that quells your urge for junk food in only 25 calories per serving.

Horizon Apple Clusters

These adorable little balls are supremely crunchy, with a hint of cinnamon that doesn't overpower the sweet apple flavor.

SNACKS FOR YOUR FURRY BEST FRIEND

We couldn't leave our pets out of the snackfest. We sent our tasting panel home with dog treats galore. Here are a few standouts our pets couldn't resist.



hurries through her walk to get back to these treats, says Liz Rhoades, our production director. "She followed me around begging for another one," she says.



Alpo Wholesome Biscuits with Real Chicken Flavor

Photo stylist Lindsey Lower tried these out on her sheltie mix, Penny. "We loved the small size, and our usually picky eater gobbled these right up," Lower says.



The Honest Kitchen Beams

These Icelandic fish skin chews were the

overwhelming pick for Executive Food Editor Ann Pittman's pups, Champ and Walker. She liked that they're human-grade and have only one ingredient.



Natural Balance Dental Chews

Minna Barreira, our Test Kitchen

director's schnoodle, had no qualms about "brushing" her teeth with these chews and howls with delight when Katie reaches for the package.

KEEP DIGGING Visit cookinglight.com for a slideshow of each pet and its pick.



Sure we made that word up.

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A WHOLESOME BASE FOR YOUR FAVORITE RECIPES







HOMEMADE CHICKEN NOODLE SOUP

Hands-on: 25 min. Total: 25 min.
Once you've made your own veggie-packed
pot of chicken noodle soup, you won't go back
to the canned, supersalty stuff again.

INGREDIENTS



1¹/₂ tablespoons canola oil



1½ cups thinly sliced carrot



1 cup finely chopped onion



²/₃ cup thinly sliced celery



2 cups water



1(32-ounce) container unsalted chicken stock (such as Swanson)



1 teaspoon dried thyme or 3 fresh thyme sprigs



6 ounces whole-grain rotini (such as Barilla; about 2 cups)



8 ounces skinless, boneless rotisserie chicken breast, shredded



4 ounces skinless, boneless rotisserie chicken thigh, shredded



3/4 teaspoon salt



1/4 teaspoon black pepper



HEAT a Dutch oven or large saucepan over medium-high heat. Add oil to pan; swirl to coat. Add carrot, onion, and celery; sauté 5 minutes.

2

while vegetables cook, pour 2 cups water and stock into a microwave-safe bowl; microwave at HIGH for 5 minutes. (This saves up to 10 minutes in the pot.)



ADD hot stock mixture to pan; bring to a boil. Stir in thyme and pasta; reduce heat to medium, and cook 8 minutes.



ADD chicken, salt, and pepper to pan; cook 2 minutes or until thoroughly heated and pasta is tender.

SERVES 6 (serving size: about 11/4 cups)
CALORIES 273; FAT 8.1g (sat 1.2g, mono 3.7g, poly 1.5g); PROTEIN 25g; CARB 26g; FIBER 4g; CHOL 58mg; IRON 2mg; SODIUM 618mg; CALC 56mg



\$5.72 for SIX SERVINGS

LIGHTER SLOPPY JOES

Hands-on: 25 min. Total: 25 min.
We replace half the meat with nutty-hearty
canned chickpeas, saving money and
saturated fat. While many sloppy joe recipes are
very sweet, this version has just a touch of
brown sugar and is capped off with crunchy
bread-and-butter pickles. Serve with apples
or grapes for an easy side.

<u>INGREDIENTS</u>



1 tablespoon olive oil



1 cup finely chopped onion



8 ounces 90% lean ground sirloin



1 tablespoon chili powder





½ teaspoon salt



1 tablespoon brown sugar



1(8-ounce) can unsalted tomato sauce



1/4 cup water



6 whole-wheat hamburger buns, toasted



1 (15.5-ounce) can unsalted chickpeas (garbanzo beans), drained



18 bread-andbutter pickle chips



HEAT a large skillet over medium-high heat. Add oil to pan; swirl to coat.
Add onion; sauté
4 minutes or until almost tender.

ADD sirloin; cook 5 minutes or until browned, stirring to crumble. Stir in chili powder, sugar, and salt; cook 1 minute, stirring constantly.



ADD ½ cup water and tomato sauce; reduce heat, and simmer 2 minutes or until thickened.



PLACE chickpeas in a bowl; partially mash with a fork or potato masher. Stir chickpeas into sirloin mixture.



SPOON about $\frac{1}{2}$ cup sirloin mixture onto bottom half of each bun; top each with 3 pickle chips and top half of bun.

SERVES 6 (serving size: 1 sandwich)
CALORIES 323; FAT 8.8g (sat 2.2g, mono 3.8g, poly 1.4g); PROTEIN 16g; CARB 47g; FIBER 7g; CHOL 25mg; IRON 3mg; SODIUM 559mg; CALC 104mg



\$8.15 for SIX SERVINGS

ONE-PAN Broccoli-Bacon Mac 'n' Cheese

Hands-on: 25 min. Total: 25 min.

Butternut squash puree enhances the color here without distracting from the cheesy flavor, and it sneaks in another serving of vegetables.

If you can't find frozen butternut puree, swap in an equal amount of mashed sweet potato or canned unsweetened pumpkin.

INGREDIENTS



2 center-cut bacon slices, chopped



3 garlic cloves, minced



2 cups unsalted chicken stock (such as Swanson)



1 cup 1% low-fat milk



1 (10-ounce) package frozen butternut squash puree, thawed



10 ounces uncooked large elbow macaroni



3 cups chopped broccoli florets



1/2 teaspoon salt



½ teaspoon freshly ground black pepper



5 ounces sharp cheddar cheese, shredded and divided (about 1½ cups)



HEAT a large skillet over medium-high heat. Add bacon; cook 4 minutes or until crisp, stirring occasionally. Remove bacon from pan.



REMOVE all but 2 teaspoons bacon drippings from pan. Add garlic to drippings in pan; sauté 30 seconds.



3

ADD stock, milk, and squash to pan; bring to a boil, stirring occasionally.



ADD pasta; cover, reduce heat, and simmer 5 minutes, stirring occasionally. Stir in broccoli; cover and cook 3 minutes or until pasta is done and sauce is thickened.



STIR in salt, pepper, and 4 ounces cheese. Sprinkle bacon and remaining cheese on top. Cover; let stand 1 minute.

SERVES 6 (serving size: about 1¹/₃ cups)
CALORIES 339; FAT 10g (sat 5.7g, mono 2.8g, poly 0.7g); PROTEIN 18g; CARB 45g; FIBER 4g; CHOL 29mg; IRON 3mg; SODIUM 566mg; CALC 267mg

-Additional recipe by Hannah Klinger







1/2 cup coarsely crushed vanilla meringue cookies1. Combine plum, nectarine, and 1 tablespoon sugar in

a medium bowl; toss well.

Place remaining 2 table-

1/4 teaspoon almond extract

STONE FRUIT FTON MESS

1 plum, diced

divided

cream

1 nectarine, diced

3 tablespoons sugar,

Greek yogurt

1/3 cup heavy whipping

½ cup plain 2% reduced-fat

Hands-on: 10 min. Total: 10 min.

spoons sugar, yogurt, cream, and almond extract in a medium bowl; beat with a mixer at medium-high speed until soft peaks form.

2. Divide fruit mixture among 4 bowls. Top with yogurt mixture. Sprinkle

SERVES 4 (serving size: about ¹/3 cup fruit and ¹/3 cup topping)

CALORIES 165; FAT 8.1g (sat 5g, mono 2.2g, poly 0.3g); PROTEIN 3g; CARB 21g; FIBER 1g; CHOL 29mg; IRON 0mg; SODIUM 21mg; CALC 33mg

with cookie crumbs.



SNICKERDOODLE DIP

Hands-on: 6 min. Total: 6 min. This simple treat puts the flavor of classic snickerdoodle cookies in dippable form. Serve with apple and pear slices.

- 1/3 cup packed brown sugar
- 1/4 cup powdered sugar
- 2 tablespoons unsalted butter, softened
- 6 ounces ¹/₃-less-fat cream cheese, softened (about ³/₄ cup)
- 1/4 cup plain 2% reduced-fat Greek yogurt
- 3/4 teaspoon ground cinnamon
- 1/4 teaspoon vanilla extract
- 1/8 teaspoon kosher salt
- 1. Combine first 3 ingredients in the bowl of a stand mixer fitted with the paddle attachment; beat at medium speed until smooth. Add remaining ingredients; beat until smooth.

SERVES 8 (serving size: about 2½ tablespoons)

CALORIES 134; FAT 79g (sat 4.6g, mono 2g, poly 0.3g); PROTEIN 3g; CARB 14g; FIBER 0g; CHOL 24mg; IRON 0mg; SODIUM 106mg; CALC 41mg



CFRFAL AND MILK BARS

Hands-on: 12 min. Total: 20 min. These crowd-pleasers deliver flavors that take you straight back to childhood bliss.

- 1/4 cup unsalted butter
- 10 ounces marshmallows
- 4 ounces white chocolate, finely chopped
- 3 tablespoons nonfat dry milk

- 5 cups Multi Grain Cheerios
- 1 cup freeze-dried strawberries, chopped

Cooking spray

1. Melt butter in a large saucepan over low heat. Add marshmallows and chocolate; cook 7 minutes or until mixture melts, stirring constantly. Stir in dry milk, cereal, and strawberries. Press mixture into a 13 x 9-inch glass or ceramic baking dish coated with cooking spray; refrigerate 10 minutes or until set. Cut into 20 bars.

SERVES 20 (serving size: 1 bar)
CALORIES 138; FAT 4.6g (sat 2.6g, mono
1.2g, poly 0.3g); PROTEIN 2g; CARB
24g; FIBER 1g; CHOL 7mg; IRON 5mg;
SODIUM 61mg; CALC 50mg



MAPLE-PEACH MILK SHAKE

Hands-on: 9 min. Total: 9 min.

- 1¹/₄ cups 1% low-fat milk
- 1 cup vanilla low-fat frozen yogurt
- 6 tablespoons Grade B maple syrup
- 1 teaspoon fresh lemon juice
- 1/4 teaspoon salt
- 14 ounces chopped peeled peaches, frozen
- **1.** Combine all ingredients in a blender; process until smooth. Divide mixture among 4 glasses.

SERVES 4 (serving size: about 1 cup)
CALORIES 249; FAT 3.3g (sat 1.8g, mono
0.3g, poly 0.1g); PROTEIN 8g; CARB
49g; FIBER 1g; CHOL 36mg; IRON 0mg;
SODIUM 212mg; CALC 257mg



CHOCOLATE-HAZELNUT-Banana Finger Sandwiches

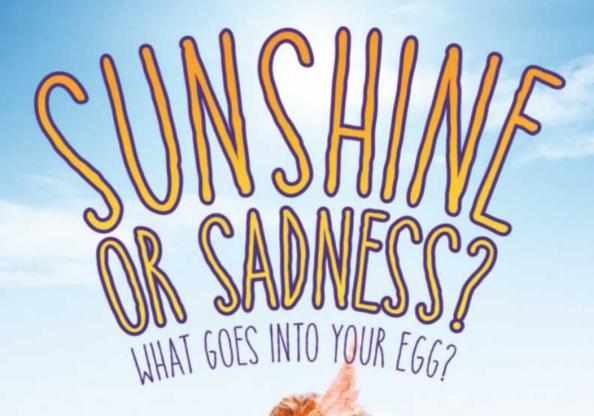
Hands-on: 15 min. Total: 15 min. If you're craving chocolate, these gooey delights will do the trick.

- 1/4 cup chocolatehazelnut spread (such as Nutella)
- 4 (1½-ounce) slices whole-wheat bread, crusts trimmed
- 1 medium ripe banana, sliced
- 1/8 teaspoon kosher salt
- 1½ tablespoons unsalted butter
 - 1 tablespoon powdered sugar
- 1. Spread 1 tablespoon Nutella over each bread slice. Layer banana over Nutella on 2 bread slices. Sprinkle with salt. Top with remaining bread slices.
- 2. Melt butter in a large skillet over medium heat. Add sandwiches to pan; cook 1 minute on each side or until golden brown. Remove sandwiches from pan; cut into triangles or strips. Dust evenly with powdered sugar.

SERVES 4 (serving size: ½2 sandwich)
CALORIES 261; FAT 11.2g (sat 4.8g, mono
1.7g, poly 0.4g); PROTEIN 7g; CARB
35g; FIBER 4g; CHOL 11mg; IRON 1mg;
SODIUM 249mg; CALC 64mg







9 out of 10 eggs come from hens who live their lives in a space no bigger than this ad. That's not Nellie's. Check out our chicks at nelliesfreerange.com.

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MEAN BETTER EGGS FOR YOU."

Healthy-Cooking

Cooking Light

TECHNIQUE

Oil and water just don't mix—unless you emulsify them, which means binding liquids with another agent to keep them from separating. For mayonnaise, oil is blended with a vinegar-water mixture and held together with egg yolks. Here's how:

HOMEMADE MAYONNAISE

Hands-on: 5 min. Total: 5 min.

- 2 tablespoons water
- 1 tablespoon white vinegar
- 2 pasteurized large egg yolks
- 1/2 teaspoon kosher salt
- 1 cup grapeseed oil

1. VINEGAR-WATER

Place water and vinegar in the bowl of a food processor. The water is what the oil will be suspended in, so start here. Acid (such as vinegar or citrus) behaves the same way as water, and its tart flavor will balance the rich spread.

2. EGG YOLKS, THE EMULSIFIER

Add egg yolks and salt; pulse to combine. Egg yolks contain lecithin, which resembles both oil and

water molecules and can connect to both. The salt boosts flavor and makes eggs more viscous, which helps prevent separation.

3. OIL AND AGITATION

With food processor running, slowly pour oil in a thin stream through food chute. The key to marrying oil and water is to start slowly and agitate constantly. The mixing motion creates tiny droplets of oil and bubbles of air that the emulsifier (egg yolks) surrounds and keeps evenly distributed in the vinegarwater mixture. If the oil is added too quickly, the emulsifier can't join the water and oil molecules, and the mayonnaise will separate.

SERVES 20

(serving size: 1 tablespoon)

CALORIES 102; FAT 11.3g

(sat 1.2g, mono 2g, poly 7.7g); PROTEIN Og; CARB Og; FIBER

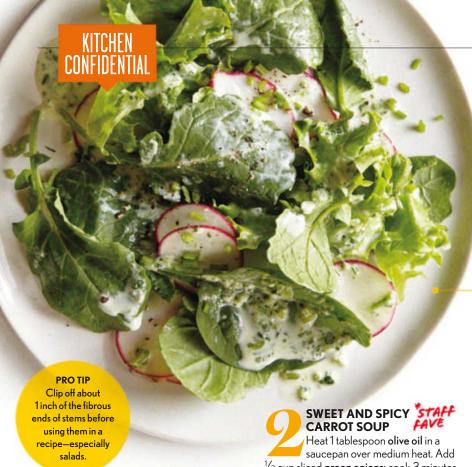
Og; CHOL 18mg; IRON Omg;

SODIUM 49mg; CALC 2mg

-Katie Barreira

WHY MAKE MAYO? Prepared and homemade mayonnaise are similar in calories and saturated fat. Flavor, however, is incomparable: Homemade mayo tastes richer and will likely go a longer way toward satisfying you. And most prepared mayos contain added sugar, artificial preservatives and additives, thickeners, and twice as much sodium as ours.





CILANTRO-GINGER MOJO

Combine ¹/₄ cup **olive oil,** 1¹/₂ teaspoons grated **lemon rind**, $2^{1/2}$ tablespoons fresh lemon juice, 2 tablespoons water, $1\frac{1}{2}$ tablespoons chopped peeled fresh ginger, $\frac{3}{4}$ teaspoon **sugar**, $\frac{1}{2}$ teaspoon **kosher salt**, a dash of ground red pepper, 1 bunch chopped cilantro stems, and 1 garlic clove in a mini food processor. Process until smooth. Serve with grilled meats.

SERVES 6 (serving size: 4 teaspoons)

CALORIES 87; **FAT** 9.1g (sat 1.3g, mono 6.6g, poly 1g); PROTEIN Og; CARB 2g; FIBER Og; CHOL Omg; IRON Omg; SODIUM 164mg; CALC 7mg

 $\frac{1}{3}$ cup sliced green onions; cook 3 minutes. Stir in $\frac{3}{4}$ pound ($\frac{1}{2}$ -inch-thick) slices carrot, 2 teaspoons minced peeled fresh ginger, and 2 teaspoons chopped Fresno chile; cook 2 minutes. Add 11/2 cups unsalted chicken stock, $1\frac{1}{2}$ cups water, and stems from 1 bunch cilantro tied with kitchen twine to pan; simmer 30 minutes or until carrots are soft. Cool 10 minutes; discard cilantro stems. Combine carrot mixture, ½ cup light coconut milk, 1 tablespoon brown sugar, 11/2 teaspoons fresh lime juice, and ½ teaspoon kosher salt in a blender; process until smooth. Return to pan; heat over medium-low until warm. Serve with sliced Fresno chile and sliced green onions.

SERVES 4 (serving size: about 1 cup)

CALORIES 107; **FAT** 4.1g (sat 0.8g, mono 2.5g, poly 0.5g); PROTEIN 4g; CARB 16g; FIBER 3g; CHOL 0mg; IRON 1mg; SODIUM 241mg; CALC 67mg

Use It Up Challenge: Cilantro Stems

Cilantro leaves deliver a punch of vibrancy to our speedy Tofu Curry with Bok Choy and Peanuts (page 36), but don't forget about the stems. They offer just as much flavor as the foliage, plus an added bit of crunch when roughly chopped for salads and other summery delights.

CILANTRO-KALE SALAD WITH BUTTERMILK DRESSING Combine 5 tablespoons low-fat buttermilk, ½ cup cilantro stems, 3 tablespoons **sour cream,** ½ teaspoon **black**

pepper, and $\frac{1}{4}$ teaspoon **kosher salt** in a mini food processor; process until combined. Combine 5 ounces baby kale, 1/4 cup chopped cilantro stems, and 4 thinly sliced radishes in a bowl. Drizzle salad with dressing.

SERVES 4 (serving size: about 2 cups salad) **CALORIES** 47; **FAT** 2.3g (sat 1.4g, mono 0.1g, poly 0g); PROTEIN 2g; CARB 4g; FIBER 1g; CHOL 8mg; IRON 1mg; SODIUM 184mg; CALC 98mg

GLOWING GREEN JUICE Juice 5 stalks chopped celery. 2 chopped Anjou pears, 1 chopped Granny Smith apple, stems from 1 bunch fresh cilantro, 1 small seeded serrano chile, ½ peeled lemon, and ½ peeled lime in an electric juicer. Divide between 2 tall glasses; serve immediately.

SERVES 2 (serving size: about 10 ounces) CALORIES 148; FAT 0.6g (sat 0.1g, mono 0.1g, poly 0.2g); PROTEIN 2g; CARB 43g; FIBER 1g; CHOL Omg; IRON 1mg; SODIUM 92mg; CALC 79mg

-Recipes by the CL Kitchen

LESS CORING, More apple

Get the most out of apple slices with little waste except for bits of tough core and seeds.

-Deb Wise



1. Pull out the stem and cut out the calyx (blossom end) at the bottom of the apple.



2. Slice apple, stem end down, into rounds using a mandoline; or for thick slices, you can use a knife.



3. Remove apple seeds from center slices. The core is edible or can be removed, if desired.



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Fall Food Festivals on Alabama's Beaches

The sugar-white sand beaches of Gulf Shores and Orange Beach are home to several acclaimed festivals such as the Wharf Uncorked (September 24-26), the Annual National Shrimp Festival (October 8-11), and the Annual Oyster Cook-Off (November 6-8). Visit **GulfShores.com** for more information.



Discover Lafayette's Plate Lunch Paradise

Though most visitors to Lafayette might sooner associate the area with their more famed Cajun and Creole culinary fare, it is the rice and gravy-centric plate lunch that fuels the people of Louisiana's Acadiana region. Visit **LafayetteTravel.com/PlateLunch** to discover the people and stories behind some of Lafayette's oldest plate lunch houses.



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For more information from our featured travel partners visit CookingLight.com/sightsandbites

COOKING LIGHT INVITES YOU



The 12th Annual San Diego Bay Wine & Food Festival is an international showcase of the world's premier wine and spirits producers, chefs and culinary personalities. Held November 15-22, this week of epicurean experiences features wine-tasting seminars, cooking classes led by award-winning chefs, wine and food tastings and more! sandiegowineclassic.com



Market **Smarts**

Rice vinegar pickles the green beans on page 95, but don't confuse it with rice wine or seasoned rice vinegar. They each play different roles in cooking:

> RICE WINE

(also called aji-mirin) is slightly sweet and mildly acidic and helps balance salty ingredients like miso and soy sauce. Alcohol content is very low.

KICE VINEGAR

is a delicate vinegar that rounds out the umami-rich flavors in Asian cooking. It works well in quick pickling and light, bright vinaigrettes.

> SEASONED RICE VINEGAR

is plain rice vinegar flavored with small amounts of sugar and salt. It is ideal for sushi rice and Asian-inspired salads.

-Robin Bashinsky





PREP YOUR PEEL

What dusting agent works and tastes best for sliding a freshly made pizza off the peel and into the oven? We tested six ingredients, including all-purpose flour, rice flour, and dry couscous. Semolina flour came out on top. Just as great? Going dust-free by building and baking pizza on parchment—perfect for novices who struggle with maneuvering the peel.

-ADAM HICKMAN

You don't need a pricey juicer to make fresh fruit and vegetable juices at home. Instead, make delicious juices (like the one on page 154) in your food processor. The yield will be the same.

-Katie Barreira

- 1. PREP Wash produce, and remove inedible peels, pits, seeds, and woody stems. Cut into pieces just small enough (3 inches or less) to fit through the food chute.
- 2. GRATE Use the grating disk to grate everything but leafy greens (such as kale and spinach). Place grated mixture in a bowl.
- 3. PUREE Switch to the standard blade. Add grated mixture and any leafy greens to processor; process until a smooth pulp forms.
- 4. STRAIN Pour pulp into a fine-mesh strainer set over a bowl. Let stand 10 minutes. Press pulp gently with the back of a wooden spoon to extract any remaining juice.



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september recipe index

KEY

- KID FRIENDLY
- QUICK & EASY
- FREEZABLE
- MAKE AHEAD
- VEGETARIAN
- GLUTEN FREE*
- *Read labels carefully; gluten hides in unexpected places.

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STAFF RAVE

Our Highest-Rated Recipe from This Issue

PB&J MULTIGRAIN PANCAKES p.115

"This speedy breakfast idea brings together two of our favorites things pancakes and PB&J."

-SEANKELLEY MANAGING EDITOR

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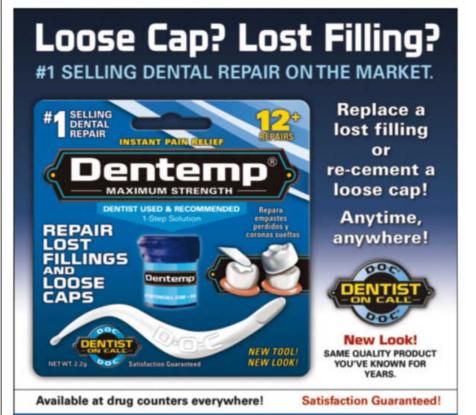
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HASSELBACK APPLES

Hands-on: 15 min. Total: 60 min.



Choose firm apples with sweet-tart flavor, such as Pink Lady or Honeycrisp; in our tests,

Fuji and Granny Smith fell apart.

2 large firm apples, peeled, cored, and halved vertically

Cooking spray

- 4 tablespoons brown sugar, divided
- 2½ tablespoons butter, melted and divided

- 3/4 teaspoon ground cinnamon, divided
- 2 tablespoons old-fashioned rolled oats
- 1 teaspoon all-purpose flour
- 1/4 teaspoon kosher salt
- 1½ cups low-fat vanilla ice cream
- **1.** Preheat oven to 400°.
- 2. Starting at the outermost edges, cut most (but not all) of the way through each apple half at ¹/₈-inch intervals. Place apple halves,

cut sides down, in an 8-inch square glass or ceramic baking dish coated with cooking spray. Combine 1 tablespoon sugar, 1 tablespoon butter, and ½ teaspoon cinnamon; brush mixture evenly over apple.

3. Cover pan with foil; bake at 400° for 20 minutes. Remove foil. Bake at 400° for 10 minutes or until apples are tender. Remove pan from oven; cool 10 minutes.

4. Combine remaining 3 tablespoons sugar, remain-

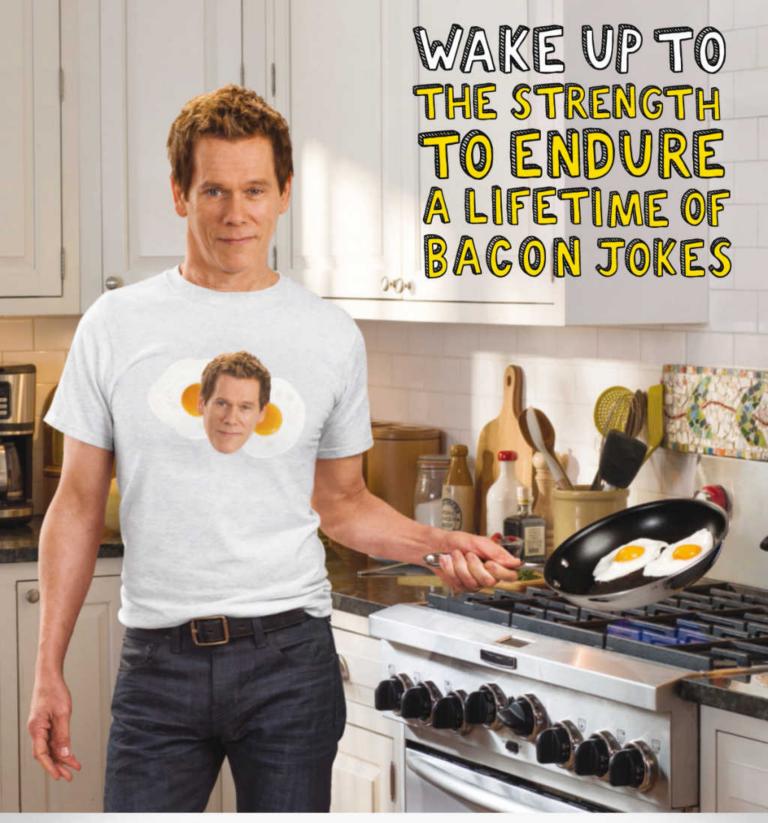
ing 1½ tablespoons butter, remaining ¼ teaspoon cinnamon, oats, flour, and salt. Carefully fan open apple halves. Spoon oat mixture evenly over apples. Bake at 400° for 10 minutes. Turn broiler to high (leave pan in oven); broil 2 minutes. Serve with ice cream.

SERVES 4 (serving size: 1 apple half and about 1/3 cup ice cream)

CALORIES 260; **FAT** 9.2g (sat 5.4g, mono 1.9g, poly 0.4g); **PROTEIN** 3g; **CARB** 43g;

FIBER 3g; CHOL 23mg; IRON 0mg; SODIUM 222mg; CALC 99mg

-Recipe by Hannah Klinger





Nobody knows eggs better than Bacon, Kevin Bacon. And that's why I know an egg for breakfast provides 6 grams of high-quality protein for 70 calories and no sugar or carbs. So enough with the Bacon puns. Pick up an egg—they're eggcellent.

IncredibleEgg.org

incredible!



The completely redesigned 2015 Edge is here and ready for almost anything, with available features like a front 180-degree camera, enhanced active park assist and Lane-Keeping System. It's comforting to know you have a few surprises of your own. Go to ford.com to find out more.



